

No. R-440. House concurrent resolution designating April 28, 2010, as National Walk@Lunch Day in Vermont.

(H.C.R.319)

Offered by: Representatives Frank of Underhill, Till of Jericho, Bissonette of Winooski, Bohi of Hartford, Cheney of Norwich, Clarkson of Woodstock, Courcelle of Rutland City, Fisher of Lincoln, French of Randolph, Head of South Burlington, Heath of Westford, Jerman of Essex, Krebs of South Hero, Lenes of Shelburne, Macaig of Williston, Maier of Middlebury, Malcolm of Pawlet, Manwaring of Wilmington, Martin of Wolcott, McCullough of Williston, Miller of Shaftsbury, Minter of Waterbury, Mitchell of Barnard, Mook of Bennington, Mrowicki of Putney, O'Brien of Richmond, Peltz of Woodbury, Poirier of Barre City, Potter of Clarendon, Ram of Burlington, Sharpe of Bristol, Smith of Mendon, Smith of Morristown, Spengler of Colchester, Sweaney of Windsor, Taylor of Barre City, Toll of Danville and Wizowaty of Burlington

Whereas, getting 30 minutes of moderate physical activity, such as a brisk walk, at least five times a week can result in significant health benefits, such as lowering the risk of developing or dying from cardiovascular disease, hypertension, or type 2 diabetes and improving the health of muscles, bones, and joints, and

Whereas, the United States Department of Health and Human Services estimates the cost to treat illness and chronic disease caused by inactive lifestyles is nearly \$1,000.00 for every family in America, every year, and

Whereas, physical activity is vital to the well-being of all Americans, and National Walk@Lunch Day is an opportunity for Americans to carve time out of their busy work schedules to exercise and become healthier, and

Whereas, National Walk@Lunch Day is a workplace walking program that encourages employees to walk during their lunch break, making exercise a convenient and easy choice during the day, and

Whereas, many states will participate in National Walk@Lunch Day,
improving the health of those residents on a step-by-step basis, now therefore
be it

Resolved by the Senate and House of Representatives:

That the General Assembly designates April 28, 2010, as National
Walk@Lunch Day and encourages Vermonters to walk at lunch, and be it
further

Resolved: That the Secretary of State be directed to send a copy of this
resolution to Blue Cross and Blue Shield of Vermont in Berlin.