

ENROLLED HOUSE
RESOLUTION NO. 1037

By: Trebilcock, Armes, Auffet, Bailey,
Banz, Benge, Billy, Blackwell, Brannon,
Brown, Buck, Cannaday, Carey,
Christian, Collins, Coody, Cooksey,
Cox, Dank, Denney, Derby, DeWitt,
Dorman, Duncan, Enns, Faught, Fields,
Glenn, Hamilton, Harrison, Hickman,
Hilliard, Holland, Hoskin, Inman,
Jackson, Jett, Johnson, Jones, Jordan,
Joyner, Kern, Key, Kiesel, Kirby,
Kouplen, Lamons, Liebmann, Luttrell,
Martin (Scott), Martin (Steve),
McAffrey, McCullough, McDaniel
(Jeannie), McDaniel (Randy), McMullen,
McNiel, McPeak, Miller, Moore, Morgan,
Morrissette, Murphey, Nations, Nelson,
Ortega, Osborn, Ownbey, Peters,
Peterson, Pittman, Proctor, Pruett,
Renegar, Reynolds, Richardson, Ritze,
Roan, Rousselot, Sanders, Schwartz,
Scott, Sears, Shannon, Shelton,
Sherrer, Shoemake, Shumate, Smithson,
Steele, Sullivan, Terrill, Thompson,
Thomsen, Tibbs, Walker, Watson,
Wesselhoft, Williams, Wright (Harold)
and Wright (John)

A Resolution relating to public health; proclaiming
April 8, 2009, as National Start! Walking Day.

WHEREAS, cardiovascular diseases, including heart disease and
stroke, are the nation's leading cause of death and disability, with
1.26 million Americans suffering a new or recurrent coronary attack
each year and 795,000 suffering a new or recurrent stroke; and

WHEREAS, direct and indirect costs of cardiovascular disease, including lost productivity, are estimated to be \$475.3 billion in 2009; and

WHEREAS, regular physical activity reduces cardiovascular disease risk and increases life expectancy; and

WHEREAS, the 2008 Physical Activity Guidelines for Americans and the American Heart Association recognize the many health benefits of physical activity, including lower risk of heart disease and stroke, and recommend that children and adolescents do one hour of physical activity or more each day and adults do two and one-half hours of moderate-intensity physical activity each week; and

WHEREAS, regular walking has many proven benefits for an individual's overall health. Brisk walking for at least 30 minutes a day can lower both bad cholesterol (LDL) levels and high blood pressure. It can also help individuals who are overweight achieve and maintain weight loss, and reduce their risk of stroke; and

WHEREAS, if ten percent of Americans began a regular walking program, \$5.6 billion in heart disease costs could be saved; and

WHEREAS, studies indicate that one of the best investments a company can make is in the health of its employees. By promoting a culture of physical activity, corporate America can decrease health care costs, increase productivity, and improve the quality of life and longevity of the U.S. workforce; and

WHEREAS, on National Start! Walking Day, April 8, 2009, the American Heart Association's Start! Movement calls on everyone to wear sneakers and Start! Walking; and

WHEREAS, the purpose behind National Start! Walking Day is to get Americans to become more physically active by walking.

NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE 1ST SESSION OF THE 52ND OKLAHOMA LEGISLATURE:

THAT the Oklahoma House of Representatives, in recognition of the importance of regular physical activity, hereby proclaims April 8, 2009, as "National Start! Walking Day" in Oklahoma and urges all citizens to show their support for walking and the fight against heart disease and commemorate this day by taking time to walk.

THAT by increasing awareness of the importance of physical activity to reduce the risk for cardiovascular disease, we can save thousands of lives each year.

Adopted by the House of Representatives the 8th day of April, 2009.

Presiding Officer of the House of
Representatives