

ENROLLED HOUSE
RESOLUTION NO. 1077

By: McDaniel (Randy), 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), McNiel, McPeak, Miller, Moore, Morgan, Morrissette, Murphey, Nations, Nelson, Ortega, Osborn, Ownbey, Peters, Peterson, Pittman, Proctor, Pruett, Renegar, Reynolds, Richardson, Ritze, Roan, Rousselot, Russ, Sanders, Schwartz, Scott, Sears, Shannon, Shelton, Sherrer, Shoemake, Shumate, Smithson, Steele, Sullivan, Terrill, Thompson, Thomsen, Tibbs, Trebilcock, Walker, Watson, Wesselhoft, Williams, Wright (Harold) and Wright (John)

A Resolution proclaiming April 7, 2010, as National Start! Walking Day; urging citizens to show support against heart disease and commemorate day by taking time to walk; and directing distribution.

WHEREAS, cardiovascular diseases, including coronary heart disease and stroke, are the nation's leading cause of death and a leading cause of disability, with 1.26 million Americans suffering a

new or recurrent coronary attack each year and 795,000 Americans suffering a new and recurrent stroke; and

WHEREAS, the total direct and indirect costs of cardiovascular disease, including lost productivity, are estimated to be \$503.2 Billion in 2010; and

WHEREAS, regular physical activity can reduce cardiovascular disease risk and increase 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 at least 60 minutes of moderate or vigorous intensity physical activity each day and adults do at least 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity (or combination of both) 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 help lower blood pressure, increase HDL "good" cholesterol in the blood, control weight and control blood sugar through improved use of insulin in the body. All of these changes help reduce the risk of cardiovascular disease and 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 healthcare costs, increase productivity, and improve the quality of life and longevity of the US workforce; and

WHEREAS, on National Start! Walking Day, April 7, 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 2ND SESSION OF THE 52ND OKLAHOMA LEGISLATURE:

THAT the House of Representatives of the State of Oklahoma, in recognition of the importance of regular physical activity, does hereby proclaim April 7, 2010, as "National Start! Walking Day" in Oklahoma.

THAT the House of Representatives of the State of Oklahoma urges all citizens to show their support for the fight against heart disease and commemorate this day by taking the time to walk.

THAT a copy of this resolution be distributed to Marilyn Davidson, Government Relations Director, American Heart Association - South Central Affiliate.

Adopted by the House of Representatives the 7th day of April, 2010.

Presiding Officer of the House of
Representatives