

ENROLLED SENATE
RESOLUTION NO. 109

By: Branana

A Resolution designating April 7, 2010, "National Start! Walking Day" in the State of Oklahoma; urging Oklahomans 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 suffering a new or recurrent stroke. 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. If ten percent of Americans began a regular walking program, \$5.6 billion in heart disease costs could be saved. 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 American 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 7th, the American Heart Association's Start! movement calls on everyone to wear sneakers and Start! Walking. The purpose behind National Start! Walking Day is to get Americans to become more physically active by walking. By increasing awareness of the importance of physical activity to reduce the risk for cardiovascular disease, we can save thousands of lives each year.

NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE 2ND SESSION OF THE 52ND OKLAHOMA LEGISLATURE:

THAT the Oklahoma State Senate designates April 7, 2010, "National Start! Walking Day" in the State of Oklahoma.

THAT the Oklahoma State Senate 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 a copy of this resolution be distributed to Marilyn Davidson, Government Relations Director, Advocacy, American Heart Association, South Central Affiliate.

Adopted by the Senate the 8th day of April, 2010.

Presiding Officer of the Senate