

1 STATE OF OKLAHOMA

2 1st Session of the 52nd Legislature (2009)

3 HOUSE

4 RESOLUTION 1037

By: Trebilcock

5
6 AS INTRODUCED

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

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11 WHEREAS, cardiovascular diseases, including heart disease and
12 stroke, are the nation's leading cause of death and disability, with
13 1.26 million Americans suffering a new or recurrent coronary attack
14 each year and 795,000 suffering a new or recurrent stroke; and

15 WHEREAS, direct and indirect costs of cardiovascular disease,
16 including lost productivity, are estimated to be \$475.3 billion in
17 2009; and

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

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

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

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

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

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

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

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

22 THAT the Oklahoma House of Representatives, in recognition of
23 the importance of regular physical activity, hereby proclaims April
24 8, 2009, as "National Start! Walking Day" in Oklahoma and urges all

1 citizens to show their support for walking and the fight against
2 heart disease and commemorate this day by taking time to walk.

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

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