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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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HOUSE RESOLUTION

No. 409 Session of  
2024

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INTRODUCED BY ROZZI, BURGOS, HILL-EVANS, KINSEY, M. MACKENZIE,  
GIRAL, NEILSON, BRENNAN, SANCHEZ, SCHLOSSBERG, ISAACSON, KHAN  
AND HOWARD, APRIL 25, 2024

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REFERRED TO COMMITTEE ON HEALTH, APRIL 25, 2024

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A RESOLUTION

1 Designating the month of May 2024 as "Fitness Month" in  
2 Pennsylvania.

3 WHEREAS, According to the Department of Health (DOH), 33% of  
4 all adults and 18% of children in this Commonwealth are affected  
5 by obesity; and

6 WHEREAS, The DOH has found obesity to be a risk factor for  
7 various health conditions, such as type 2 diabetes,  
8 cardiovascular disease, obstructive sleep apnea, non-alcoholic  
9 fatty liver disease, arthritis, infertility and many types of  
10 cancer; and

11 WHEREAS, Further, the DOH notes the prevalence of obesity,  
12 like many other serious and chronic diseases, is higher in  
13 Hispanic and non-Hispanic Black adults and children than in non-  
14 Hispanic White and non-Hispanic Asian individuals, with data  
15 released by the Centers for Disease Control and Prevention (CDC)  
16 on self-reported obesity rates in 2020 showing that 41.8% of  
17 Black Pennsylvanians and 32.9% of Latino Pennsylvanians self-

1 reported being obese that year; and

2 WHEREAS, Children and teens in the United States experienced,  
3 on average, a doubling of their average body mass index between  
4 2018 and 2020; and

5 WHEREAS, According to the current Physical Activity  
6 Guidelines for Americans, every week adults need 150 minutes of  
7 moderate-intensity physical activity and two days of muscle  
8 strengthening, and children and adolescents need 60 minutes or  
9 more of physical activity daily through a combination of  
10 aerobic, muscle-strengthening and bone-strengthening activities;  
11 and

12 WHEREAS, The CDC reported that only 24.2% of adults in the  
13 United States 18 years of age and older met both aerobic and  
14 muscle-strengthening activities guidelines established by the  
15 2018 Physical Activity Guidelines for Americans; and

16 WHEREAS, The 2022 United States Report Card on Physical  
17 Activity for Children and Youth reported that only 21% of United  
18 States children and youth between 6 and 17 years of age met the  
19 recommended 60 minutes of daily physical activity; and

20 WHEREAS, Pennsylvanians who participate in regular physical  
21 activity reduce the risk of developing type 2 diabetes and  
22 metabolic syndrome, reduce the risk of serious outcomes from  
23 infectious diseases, including COVID-19, the flu and pneumonia,  
24 and lower the risk of developing several common cancers; and

25 WHEREAS, Physical activity has also been shown to benefit  
26 brain health, weight management, bone and muscle strengthening  
27 and the performance of everyday activities; and

28 WHEREAS, Exercise and recreational activities enhance  
29 Pennsylvanians' mental health and overall sense of well-being;  
30 and

1       WHEREAS, All Pennsylvanians deserve access to physical  
2 fitness, whether at their home, in the great outdoors or at a  
3 local gym, health club, recreational facility or other fitness  
4 venue; and

5       WHEREAS, The Pennsylvania Fitness Alliance, which represents  
6 this Commonwealth's fitness professionals, helps Pennsylvanians  
7 maintain active and healthy lifestyles; and

8       WHEREAS, The President's Council on Fitness, Sports and  
9 Nutrition created the initiative recognizing May as National  
10 Physical Fitness and Sports Month and every President since 1983  
11 has proclaimed May as National Physical Fitness and Sports  
12 Month; therefore be it

13       RESOLVED, That the House of Representatives designate the  
14 month of May 2024 as "Fitness Month" in Pennsylvania.