
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 77 Session of
2013

INTRODUCED BY TARTAGLIONE, BRUBAKER, DINNIMAN, WOZNIAK, FERLO,
TOMLINSON, STACK, ERICKSON, WASHINGTON, VULAKOVICH, KASUNIC,
WILLIAMS, BAKER, FONTANA, RAFFERTY AND SMITH, APRIL 8, 2013

INTRODUCED AND ADOPTED, APRIL 8, 2013

A RESOLUTION

1 Recognizing April 3, 2013, as "National Walking Day" in
2 Pennsylvania.

3 WHEREAS, Each year, 915,000 Americans suffer a new or
4 recurrent coronary attack, and cardiovascular disease is the
5 nation's leading cause of death with direct and indirect costs
6 estimated to be \$444.2 billion in 2010; and

7 WHEREAS, More physical activity can help improve these
8 statistics; and

9 WHEREAS, Some adults may gain up to two hours of life
10 expectancy for every hour of regular, vigorous physical
11 activity, such as very brisk walking; and

12 WHEREAS, In addition to the possibility of increased life
13 expectancy, regular walking has many proven benefits for an
14 individual's overall health; and

15 WHEREAS, Brisk walking for 30 minutes a day can lower both
16 bad cholesterol levels and high blood pressure and may also help
17 prevent weight gain and reduce the risk of stroke; and

1 WHEREAS, The Centers for Disease Control and Prevention
2 estimate that physically active people save \$500 per year in
3 direct medical expenditures; and

4 WHEREAS, On "National Walking Day," April 3, the American
5 Heart Association calls on all citizens of Pennsylvania to walk
6 at least 30 minutes that day; and

7 WHEREAS, The purpose behind "National Walking Day" is to get
8 Americans to become more physically active by walking; therefore
9 be it

10 RESOLVED, That the Senate recognize April 3, 2013, as
11 "National Walking Day" in Pennsylvania and urge all citizens to
12 show their support for walking and the fight against heart
13 disease and commemorate this day by walking at work.