

114TH CONGRESS  
1ST SESSION

# H. RES. 18

Expressing support for designation of January 7, 2015, as “National Be Active at Work Day”.

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## IN THE HOUSE OF REPRESENTATIVES

JANUARY 7, 2015

Ms. MICHELLE LUJAN GRISHAM of New Mexico submitted the following resolution; which was referred to the Committee on Oversight and Government Reform

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## RESOLUTION

Expressing support for designation of January 7, 2015, as “National Be Active at Work Day”.

Whereas physical inactivity is a major contributor to the development of obesity, cardiovascular disease, diabetes, and other chronic diseases;

Whereas sitting for long periods of time at work is a risk factor for obesity, cardiovascular disease, metabolic diseases, and other chronic conditions;

Whereas less than 25 percent of jobs require physical activity and jobs that require primarily sedentary work have become increasingly common;

Whereas exercise performed outside of work does not fully counteract the negative impacts of sitting all day;

Whereas stair climbing burns calories at a high rate, enhances cardiovascular fitness, and promotes healthy lungs;

Whereas walking throughout the day improves cardiovascular health, lowers the risk of obesity, and related diseases;

Whereas stretching improves circulation, increases range of motion, and alleviates stress;

Whereas individuals with physical disabilities can often participate in physical activity throughout the work day with minor modifications;

Whereas all of these activities generally require no special equipment and can be performed by most people regardless of their fitness level;

Whereas many people start the new year with resolutions to improve their health;

Whereas there is a growing effort to encourage people to make small changes in their lives to improve their health; and

Whereas January 7, 2015, would be an appropriate date to designate as “National Be Active at Work Day”: Now, therefore, be it

1       *Resolved*, That the House of Representatives—

2               (1) supports the designation of “National Be  
3       Active at Work Day”; and

4               (2) encourages the people of the United States  
5       to observe the day with the appropriate activities.

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