

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim April 6, 2016, as Walking Day in the State of New York, in conjunction with the observance of National Walking Day

WHEREAS, It is the custom of this Legislative Body to recognize official days that are set aside to increase awareness of issues that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Andrew M. Cuomo to proclaim April 6, 2016, as Walking Day in the State of New York, in conjunction with the observance of National Walking Day; and

WHEREAS, The American Heart Association sponsors a month-long celebration to help all people to become more active; on the first Wednesday of every April, participants are encouraged to lace up their sneakers and take 30 minutes out of their day to get up and walk, and then turn that activity into part of a healthy lifestyle; and

WHEREAS, Being physically active is important for overall wellness; about 80% of adults do not get enough activity to maintain good health; and

WHEREAS, Regular physical activity, such as walking, can help a person lower their risk of heart disease and stroke, maintain a healthy weight, reduce or control blood pressure, raise HDL ("good") cholesterol, reduce their risk of diabetes and some kinds of cancer, and sleep better, as well as have more energy to do the things each person loves; and

WHEREAS, The simplest change a person can make to improve their heart health is to start walking; it is fun, free, easy, social and great exercise; a walking program is flexible and can be done just about anywhere; and

WHEREAS, It is essential that there be greater public awareness of the benefits to walking, and all New Yorkers are urged to walk for fun and for fitness; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim April 6, 2016, Walking Day in the State of New York, in conjunction with the observance of National Walking Day; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.