

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim the first week in May of 2016 as Health and Wellness Week in the State of New York

WHEREAS, Health and Wellness is the feeling of health, happiness or well-being in regard to one's physical health, energy level, mental state, emotions, and ability to regulate one's lifestyle as pertaining to individuals in New York State; and

WHEREAS, Health and Wellness professionals help New York residents develop the techniques, habits, skills, and training to minimize stress, improve cardiovascular health, increase strength and flexibility, regulate emotions, learn relaxation and mindfulness practices, and build positive community ties; and

WHEREAS, Implemented in school settings, the regular practice of movement, breathing, relaxation-based exercises, mindfulness practices, and nutrition education have been known to lower incidences of bullying and violence, improve attendance, reduce sick days, and create more attentive learners; and

WHEREAS, Stress and trauma, lack of sleep, economic disparity and poor nutrition severely disrupt learning in school communities; health and wellness programs are a catalyst for learning, increasing students' social, emotional and physical self-regulation, focus, attention, and engagement in school classes, activities and communities; therefore, supporting necessary changes in public policy will make health and wellness an essential component of public education; and

WHEREAS, In the American corporate environment, these same practices have led to a rise in productivity, creativity and work output, as well as leading to a happier and more content workforce; and

WHEREAS, Clinical and medical professionals focus on treating sick or injured individuals while health and wellness professionals focus on prevention and improvement of both the mind and body; and

WHEREAS, This Legislative Body regards health and wellness programs in New York State as sustainable and crucial components to public health and education policy; and

WHEREAS, In addition, this Legislative Body promotes and advocates for the funding and awareness of health and wellness programs as public health and public education policy for the social and economic well-being of all New York residents including underserved and low-income communities; and

WHEREAS, This Legislative Body affirms the importance of caring, healing, and improving the minds and bodies of individuals throughout this great Empire State, making New York a healthier and happier place to work and reside which leads to safer cities, productive environments and greater opportunity for all New Yorkers; and

WHEREAS, In addition, this Legislative Body supports health and wellness programs created to help prevent and reduce the risk of preventable illness and diseases, such as cardiovascular disease, diabetes, digestive health, stress, PTSD, trauma and anxiety disorders; and

WHEREAS, Furthermore, this Legislative Body supports preventing mental and physical stress and trauma in all New York communities by creating the public, private, and social sector partnerships and initiatives to work with health and wellness professionals and organizations which implement the education programs, policy recommendations, public services, and research; and

WHEREAS, This Legislative Body acknowledges the fact that health and wellness programs have state-wide replicability and scalability with

vast cost-savings to the residents throughout the State of New York; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim the first week in May of 2016 as Health and Wellness Week in the State of New York; 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.