

BY: Senator PARKER

MEMORIALIZING Governor Kathy Hochul to proclaim
January 16-22, 2021, as Healthy Weight Week in the
State of New York

WHEREAS, Beauty, health and strength come in all sizes; this truth is affirmed by Health at Every Size, a health-centered approach which focuses on health and well-being, not on dieting which can be harmful to an individual's self-esteem; and

WHEREAS, Many people diet because they view themselves as overweight, and begin to punish and deprive themselves by restricting calories; however, if someone is always hungry or feeling deprived and sees themselves as fat, then the reverse happens and the individual may pack on the pounds; and

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, Healthy Weight Week was implemented in 1994 to let people know that a healthy lifestyle is about wellness and wholeness, eating in normal, healthy ways, and living actively; it is not about dieting, but about acceptance, respect and appreciation of diversity and one's self; and

WHEREAS, It is also important that individuals understand what is a healthy weight; uncontrollable elements which affect weight are height, bone density, body type such as endomorph, mesomorph or ectomorph, and body composition which is the innate ratio of body muscle to fat; and

WHEREAS, This Legislative Body regards healthy weight programs in New York State as sustainable and crucial components to public health and education policy; 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; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim January 16-22, 2022, as Healthy Weight 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 Kathy Hochul, Governor of the State of New York.