

BY: Senator PARKER

MEMORIALIZING Governor Andrew M. Cuomo to proclaim
May 2021, as Correct Posture Month in the State of
New York

WHEREAS, It is the custom of this Legislative Body to recognize official months that are set aside to increase awareness of serious health 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, this Legislative Body hereby memorializes Governor Andrew M. Cuomo to proclaim May 2021, as Correct Posture Month in the State of New York, in conjunction with the observance of National Correct Posture Month; and

WHEREAS, Correct Posture Month encourages people to think about how posture can affect their overall health; and

WHEREAS, Posture refers to the position a person's body is in whilst they are sitting or standing; sedentary activities such as sitting, reading, playing video games, and using a computer, as well as more physical activities like gardening, bending or lifting objects, are often performed with poor posture; and

WHEREAS, Poor posture can negatively impact a person's health, with back pain being the most common problem; additionally, side effects from medicines used to control back pain can have a huge impact on a person's physical and mental well-being; and

WHEREAS, It is imperative that there be greater awareness of this serious health issue, and more must be done to increase activity at the local, State and National levels; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim May 2021 as Correct Posture Month 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.