

BY: Senator PARKER

MEMORIALIZING Governor Kathy Hochul to proclaim
May 2023, as Physical Fitness and Sports Month in
the State of New York

WHEREAS, It is the sense of this Legislative Body to recognize that physical inactivity is a major health risk factor in the State of New York; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, this Legislative Body is justly proud to memorialize Governor Kathy Hochul to proclaim May 2023, as Physical Fitness and Sports Month in the State of New York, in conjunction with the observance of National Physical Fitness and Sports Month; and

WHEREAS, May is National Physical Fitness and Sports Month; it is a great time to renew your commitment to a healthy, active lifestyle; and

WHEREAS, According to the U.S. Department of Health & Human Services (HHS) Physical Activity Guidelines for Americans Midcourse Report Strategies to Increase Physical Activities Among Youth, youth need 60 minutes or more of physical activity each day where they live, learn, and play; and

WHEREAS, In addition to physical health benefits, regular activity provides cognitive health benefits as well; research shows that when children are physically active, they achieve higher grades, record better attendance, and their behavior improves; and

WHEREAS, Just over nine years ago, former First Lady Michelle Obama launched Let's Move!, an initiative designed to end childhood obesity within a generation and create a brighter future for our nation's youth; and

WHEREAS, Today, Let's Move! has actually moved America in a healthier direction; HHS and the President's Council on Fitness, Sports & Nutrition (PCFSN) have partnered with individuals, organizations, and companies to help further the vision of Let's Move!; and

WHEREAS, Let's Move! Active Schools, an initiative that engages school and community leaders to provide students with more opportunities to be physically active before, during and after school, has welcomed the participation of more than 8,200 schools, more than 3.5 million students nationwide, since its launch; and

WHEREAS, PCFSN also continues its work with schools through the Presidential Youth Fitness Program which supports quality physical education; in addition to encouraging physical activity in the school environment, Let's Move! Cities, Towns and Counties (LMCTC) has engaged more than 400 cities to transform their communities; and

WHEREAS, The creation of safe routes to schools, maintenance of outdoor community play areas, and local environmental education programs help make the healthy choice, daily physical activity, the easy choice for residents; LMCTC now impacts over 63 million people nationwide; and

WHEREAS, HHS remains committed to creating inclusive opportunities for Americans of all backgrounds and abilities; the I Can Do It, You Can Do It! (ICDI) mentoring program for children and adults with disabilities will celebrate its four-year anniversary this May; and

WHEREAS, ICDI facilitates and encourages adults and children, regardless of ability, to lead a healthy lifestyle which includes regular physical activity and good nutrition; and

WHEREAS, Throughout the month and beyond, HHS and PCFSN are encouraging children and families to get up, get out and be active; whether it is running around on the blacktop before school or work, or walking around the neighborhood with your family after dinner, set aside at least 60 minutes for some fun physical activity each day; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim May 2023, as Physical Fitness and Sports Month; 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.