Senate Resolution No. 135

BY: Senator PERSAUD

MEMORIALIZING Governor Kathy Hochul to proclaim May 28, 2025, as Senior Health & Fitness Day in the State of New York

WHEREAS, Senior citizens bring a wealth of experience and knowledge to the increasingly active roles they play in today's society; their past contributions and future participation are a vital part of, and valuable asset to, the fabric of community life and activity; and

WHEREAS, Always set for the last Wednesday in May, Senior Health & Fitness Day is a nationwide health and fitness event for seniors with the purpose of increasing good health awareness and promoting involvement in physical activity; and

WHEREAS, On Wednesday, May 28, 2025, approximately 100,000 senior adults will participate in activities at more than 1,000 locations across the United States to celebrate the 32nd Annual National Senior Health & Fitness Day; and

WHEREAS, Senior related health and fitness events, such as fitness walks, low-impact exercises, health screenings, health information work-shops, will be held at local organizations including banks, health clubs, agencies on aging, houses of worship, hospitals, malls and shopping centers, New York State Parks, Recreation and Historic Preservation Department, senior centers, and retirement committees; and

WHEREAS, The United States Surgeon General has determined that regular physical activity results in significant health benefits and improved quality of life; and

WHEREAS, It is the sense of this Legislative Body to commend the efforts of those organizations which provide essential care and supportive services for elderly and disabled people, and serve to enhance the quality of life for our loved ones; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim May 28, 2025, as Senior Health & Fitness Day 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.