Assembly Resolution No. 449

BY: M. of A. Levenberg

LEGISLATIVE RESOLUTION memorializing Governor Kathy Hochul to proclaim May 2025, as Global Employee Health and Fitness Month in the State of New York

WHEREAS, It is the sense of this Legislative Body to acknowledge months which promote healthy living and exercise; 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 2025, as Global Employee Health and Fitness Month in the State of New York, in conjunction with the observance of National Global Employee Health and Fitness Month; and

WHEREAS, Global Employee Health and Fitness Month (GEHFM) is an international observance of health and fitness in the workplace; the goal of GEHFM is to promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments; and

WHEREAS, The National Coalition for Promoting Physical Activity hopes that one day everyone will be physically active, and they will live, work, and play in environments which facilitate regular physical activity; and

WHEREAS, The CEO Pledge for physical activity is the Coalition's global initiative to encourage every CEO to recognize physical activity as an important driver of employee health and business performance; and

WHEREAS, The CEO Pledge is as follows: For the betterment of my company, our employees, their families, and our community, I pledge to improve employee health and wellness by providing opportunities and resources for physical activity before, during or after the workday, and to enhance my own health and wellness by engaging in regular physical activity; and

WHEREAS, As providers of workplace wellness programs, employers have a tremendous opportunity to help their employees see the value of adopting healthier behaviors so they can live healthier lives; studies of employee wellness programs consistently find that executive leadership is critical to employee engagement; if employees believe creating a culture of physical activity is an executive priority, employees are more likely to be physically active; and

WHEREAS, There are many reasons to sign the CEO Pledge to make physical activity a priority in your workplace: employees will be healthier, employees will be happier and more engaged, your organization will increase productivity, your organization will be better positioned to recruit and retain top talent, and your organization will be publicly recognized as a forward-thinking employer and thought leader; and

WHEREAS, During Global Employee Health and Fitness Month, CEOs are encouraged to show support for workplace wellness and take the CEO Pledge for Physical Activity; they can also encourage their organization to create an active working environment and provide opportunities for its employees to be active throughout the workday; and

WHEREAS, It is fitting to set aside months which encourage a healthy lifestyle for people of all ages, and, in doing so, enhance the health and welfare of the entire State of New York; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim May 2025, as Global Employee Health and Fitness 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 Kathy Hochul, Governor of the State of New York.