

110TH CONGRESS  
2D SESSION

# S. RES. 546

Designating May 2008 as “National Physical Fitness and Sports Month” and the week of May 1 through May 7, 2008, as “National Physical Education and Sports Week”.

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IN THE SENATE OF THE UNITED STATES

MAY 1, 2008

Mr. THUNE (for himself and Mr. WYDEN) submitted the following resolution;  
which was considered and agreed to

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## RESOLUTION

Designating May 2008 as “National Physical Fitness and Sports Month” and the week of May 1 through May 7, 2008, as “National Physical Education and Sports Week”.

Whereas regular physical activity helps increase endurance, strengthen bones and muscles, control weight, and reduce anxiety and stress, and may improve blood pressure and cholesterol levels;

Whereas about  $\frac{2}{3}$  of young people in the ninth through 12th grades do not engage in recommended levels of physical activity, and daily participation in high school physical education classes has declined over the last 7 years;

Whereas 39 percent of adults report they are not physically active, and only 3 in 10 adults engage in the recommended amount of physical activity;

Whereas, in 2004, more than 9,000,000 children and adolescents in the United States between the ages of 6 and 19 were considered overweight;

Whereas obesity and inactivity are 2 major risk factors for developing type 2 diabetes, a disease that affects millions of people in the United States;

Whereas many chronic diseases may be prevented by living a healthy lifestyle that includes regular physical activity and a balanced diet;

Whereas, according to the Centers for Disease Control and Prevention, the American Heart Association, and the American College of Sports Medicine, minimum physical activity for adults consists of moderate activity for 30 minutes 5 days a week or vigorous activity for 20 minutes 3 days a week;

Whereas, according to a 1996 report by the Surgeon General, positive experiences with physical activity at a young age help to lay the foundation for being active throughout life;

Whereas the President's Council on Physical Fitness and Sports promotes regular physical activity to achieve and maintain good health and to prevent chronic disease and offers motivational tools through the President's Challenge program for people of all ages to track physical activity; and

Whereas the month of May has been recognized since 1983 as National Physical Fitness and Sports Month to encourage physical fitness and activity and to promote

health in children and adults of all ages: Now, therefore,  
be it

1       *Resolved*, That the Senate—

2               (1) designates—

3                       (A) May 2008 as “National Physical Fit-  
4                       ness and Sports Month”; and

5                       (B) the week of May 1 through May 7,  
6                       2008, as “National Physical Education and  
7                       Sports Week”; and

8               (2) encourages the people of the United States  
9               to observe the month and the week with appropriate  
10               ceremonies and activities.

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