

2017-K1335

Assembly Resolution No. 1335

BY: M. of A. Rules (Gunther)

MEMORIALIZING Governor Andrew M. Cuomo to proclaim
Wednesday, September 26, 2018, Women's Health &
Fitness Day in the State of New York

WHEREAS, Wednesday, September 26, 2018, has been declared National
Women's Health and Fitness Day; and

WHEREAS, National Women's Health and Fitness Day is a public/private
good health partnership organized by the Health Information Resource
Center, a national clearinghouse for consumer health information
professionals; it is the nation's largest health promotion event for
women in the United States; and

WHEREAS, National Women's Health and Fitness Day will focus
attention on the importance of regular physical activity and health
awareness for women and be an opportunity for hundreds of local
organizations throughout New York to come together to host women's
health and fitness events at hospitals, health clubs, park and
recreation districts, local health organizations, schools, retirement
communities, houses of worship, senior centers, and other community
locations; 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, Thirty percent of adults report they are not physically active; only three in 10 adults get the recommended amount of physical activity and only one in 10 women get the recommended amount of physical activity prescribed by the Surgeon General; and

WHEREAS, The three most reported barriers for women engaging in physical activity are: lack of time, access to convenient facilities and safe environments in which to be active; and

WHEREAS, Moderate daily physical activity can substantially reduce the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers, such as colon cancer; daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis; and

WHEREAS, The New York State Legislature affirms its commitment to take a leadership role in urging all its citizens to support the efforts of local organizations that encourage women to enhance their lives through physical activity; and

WHEREAS, It is most appropriate that this great Empire State recognize Women's Health & Fitness Day in the State of New York; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim Wednesday, September

26, 2018, Women's 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 Andrew M. Cuomo, Governor of the State of New York.