

## 2023-J88

Senate Resolution No. 88

BY: Senator PARKER

MEMORIALIZING Governor Kathy Hochul to proclaim  
May 2023, as Correct Posture Month in the State of  
New York

WHEREAS, It is the custom of this Legislative Body to recognize  
official months that are set aside to increase awareness of serious  
health issues that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its  
long-standing traditions, this Legislative Body hereby memorializes  
Governor Kathy Hochul to proclaim May 2023, as Correct Posture Month in  
the State of New York, in conjunction with the observance of National  
Correct Posture Month; and

WHEREAS, Correct Posture Month encourages people to think about how  
posture can affect their overall health; and

WHEREAS, Posture refers to the position a person's body is in whilst  
they are sitting or standing; sedentary activities such as sitting,  
reading, playing video games, and using a computer, as well as more  
physical activities like gardening, bending or lifting objects, are  
often performed with poor posture; and

WHEREAS, Poor posture can negatively impact a person's health, with  
back pain being the most common problem; additionally, side effects from

medicines used to control back pain can have a huge impact on a person's physical and mental well-being; and

WHEREAS, It is imperative that there be greater awareness of this serious health issue, and more must be done to increase activity at the local, State and National levels; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim May 2023, as Correct Posture 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.