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**ACR-159 California Fitness Week.** (2019-2020)

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**Assembly Concurrent Resolution No. 159**

**CHAPTER 21**

Relative to California Fitness Week.

[ Filed with Secretary of State June 17, 2020. ]

**LEGISLATIVE COUNSEL'S DIGEST**

ACR 159, Chen. California Fitness Week.

This measure would declare the week of February 17 to February 21, 2020, inclusive, as California Fitness Week, and would encourage Californians to enrich their lives through proper nutrition and exercise.

Fiscal Committee: no

WHEREAS, Exercise and fitness activities can increase self-esteem, boost energy, strengthen the heart and muscles, and burn calories; and

WHEREAS, Exercise and fitness activities are excellent ways to relieve stress, lower the risk of heart disease and diabetes, prevent bone loss, and decrease the risk of some cancers; and

WHEREAS, A person's fitness level has a dramatic effect on the body's ability to produce energy and to reduce fat; and

WHEREAS, There is no age limit for physical activity. For the elderly, exercise provides cardiovascular, respiratory, neuromuscular, metabolic, and mental health benefits; and

WHEREAS, Improving one's physical and mental strength is never a weakness. Fitness activities have been shown to sharpen mental ability in all people, and to slow the aging process; and

WHEREAS, Maximizing one's energy level, increasing muscle mass, and reducing body fat increases one's chances of living a longer, healthier life; and

WHEREAS, While California is a fitness leader and ranks 48th among states in adult obesity, its current rate of 26 percent is still up from 18.7 percent in 2000 and from 9.9 percent in 1990; and

WHEREAS, The State Department of Education reports that a majority of California's children are not physically fit; and

WHEREAS, A recent survey by the federal Centers for Disease Control and Prevention identified that 71 percent of California high school students do not get eight hours or more of sleep each night; and

WHEREAS, The federal Centers for Disease Control and Prevention also reports that almost two-thirds of all youth in the United States consume at least one sugar-sweetened beverage per day; and

WHEREAS, It is important to educate youth and adults of the harmful effects of improper nutrition and inactivity, and it is equally important to show them how to reverse those negative effects and to live healthier lives; and

WHEREAS, The Legislature seeks to advance the physical fitness of all Californians by educating them about the benefits of exercise, rest, and proper nutrition; and

WHEREAS, The Legislature will increase public awareness about the benefits of exercise and physical fitness by encouraging its Members to host events in their districts that stimulate physical fitness and increase participation by Californians in activities that promote physical health and benefit both mental and physical well-being; and

WHEREAS, The Legislature encourages retailers and restaurants to provide healthier and cost-effective choices to consumers; and

WHEREAS, The Legislature encourages its Members, as well as organizations, businesses, and individuals, to sponsor and attend physical fitness events that are both effective and fun, inspiring Californians to become physically fit and to maintain such fitness; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature hereby proclaims the week of February 17 to February 21, 2020, inclusive, as California Fitness Week, and encourages all Californians to enrich their lives through proper nutrition and exercise; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the author for appropriate distribution.