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**ACR-55 California Moves for Physical and Mental Fitness Month.** (2023-2024)

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**Assembly Concurrent Resolution No. 55**

**CHAPTER 64**

Relative to California Moves for Physical and Mental Fitness Month.

[ Filed with Secretary of State May 24, 2023. ]

**LEGISLATIVE COUNSEL'S DIGEST**

ACR 55, Irwin. California Moves for Physical and Mental Fitness Month.

This measure would declare the month of May 2023 as California Moves for Physical and Mental Fitness Month.

Fiscal Committee: no

WHEREAS, Regular physical activity offers substantial improvements in physical health and mental well-being for the majority of Californians, who are not receiving enough physical activity; and

WHEREAS, Nearly 25 percent of the state's adults say they aren't physically active, and over two-thirds of California's children fail to meet the physical activity guidelines of engaging in at least one hour of physical activity every day, yet moderate physical activity can substantially reduce the risk of dying from or developing chronic illnesses and diseases; and

WHEREAS, Roughly 40 percent of California adults report having at least one of the five chronic and largely preventable conditions: high blood pressure, heart disease, diabetes, serious psychological distress, or asthma; and

WHEREAS, As much as 80 percent of heart disease, stroke, and diabetes and over 30 percent of cancers could be prevented by increasing healthy behaviors, including physical activity levels; and

WHEREAS, Californians with chronic conditions report more days of poor health, which impacts a person's mental well-being and productivity in school or at work; and

WHEREAS, For children, it is important to develop an active lifestyle in the early years of life since habits from early childhood through adolescence may influence habits in adulthood; and

WHEREAS, Mental health and physical health are closely connected, with the many well-established benefits of leading an active lifestyle including improved brain health and cognitive function, reduced risk of anxiety and depression, and improved sleep and overall quality of life; and

WHEREAS, Physical activity is 1.5 times more effective at reducing mild-to-moderate symptoms of depression, psychological stress, and anxiety than medication or cognitive behavior therapy; and

WHEREAS, All forms of exercise directly produce significant mental health benefits and improved overall physical health and well-being; and

WHEREAS, The Legislature has the unique opportunity to educate the public about the benefits of safe physical activity and places to be active, promote the design of communities and use of spaces that support safe and convenient ways for people to be physically active, and promote equitable community programs and policies that make it safe and easy for people to walk, bike, or wheelchair roll and be physically active; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Assembly recognizes the need to prioritize, preserve, and promote physical activity in public health policy to improve the physical and mental fitness of all Californians; and be it further

Resolved, That the Assembly recognizes May 2023 as California Moves for Physical and Mental Fitness Month in conformity with National Physical Fitness and Sports Month; and be it further

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