



SR-15 (2023-2024)

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ENROLLED MAY 02, 2023

PASSED IN SENATE MAY 01, 2023

CALIFORNIA LEGISLATURE— 2023–2024 REGULAR SESSION

SENATE RESOLUTION

NO. 15

Introduced by Senator Seyarto

February 14, 2023

Relative to California Fitness Day.

LEGISLATIVE COUNSEL'S DIGEST

SR 15, Seyarto.

WHEREAS, The World Health Organization recommends that adults get at least 150 minutes of moderate-intensity, or 75 minutes of vigorous-intensity, physical activity per week; and

WHEREAS, More than one-quarter of the world's adult population (1,400,000,000 adults) are insufficiently active, according to the World Health Organization; and

WHEREAS, Increased levels of physical inactivity have adversely impacted health systems, the environment, economic development, community well-being, and quality of life; and

WHEREAS, In the United States, an estimated 110,000 deaths per year could be prevented if adults 40 years of age and older increased their moderate-to-vigorous physical activity by a small amount; and

WHEREAS, According to the federal Centers for Disease Control and Prevention, brain health can be boosted immediately following a session of moderate-to-vigorous physical activity. The benefits include improved thinking or cognition for children between 6 and 13 years of age and reduced short-term feelings of anxiety for adults; and

WHEREAS, Getting at least 150 minutes per week of moderate physical activity can lower the risk of heart disease and stroke, can lower blood pressure, and can improve cholesterol levels; and

WHEREAS, Regular physical activity can reduce the risk of developing type 2 diabetes and metabolic syndrome; and

WHEREAS, Adults who participate in greater amounts of physical activity reduce their risk of developing cancers of the bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach; and

WHEREAS, Muscle-strengthening activities, such as lifting weights, can help increase or maintain muscle mass and strength, especially for older adults who experience reduced muscle mass and muscle strength with aging; and

WHEREAS, Policies that support walking, cycling, and other forms of physically active transportation are safe and accessible, promote being physically active during the workday, establish physical education and opportunities for active free time in primary and secondary schools, and promote the establishment of community-based sports programs and facilities. These policies further support the benefits associated with an increase in physical activity; now, therefore, be it

Resolved, by the Senate of the State of California, That the Senate recognizes the need to prioritize, preserve, and promote physical activity in public health policy; and be it further

Resolved, That the Senate recognizes May 2, 2023, as California Fitness Day in conformity with National Fitness Day; and be it further

Resolved, That the Secretary of the Senate transmit copies of this resolution to the author for appropriate distribution.