

119TH CONGRESS
2D SESSION

H. RES. 1283

Expressing support for the designation of May 2026 as “National Physical Fitness and Sports Month”.

IN THE HOUSE OF REPRESENTATIVES

MAY 13, 2026

Mr. VEASEY (for himself, Ms. BARRAGÁN, Mr. JOHNSON of Georgia, Ms. NORTON, Ms. SEWELL, and Mr. BACON) submitted the following resolution; which was referred to the Committee on Energy and Commerce

RESOLUTION

Expressing support for the designation of May 2026 as
“National Physical Fitness and Sports Month”.

Whereas the United States obesity prevalence was 41.9 percent in 2017 through March 2020;

Whereas non-Hispanic Black adults had the highest age-adjusted prevalence of obesity (49.9 percent), followed by Hispanic adults (45.6 percent), non-Hispanic White adults (41.4 percent), and non-Hispanic Asian adults (16.1 percent);

Whereas for children and adolescents aged 2–19 years in 2017 through 2020 the prevalence of obesity was 19.7 percent and affected about 14,700,000 children and adolescents;

Whereas the obesity prevalence was 26.2 percent among Hispanic children, 24.8 percent among non-Hispanic Black children, 16.6 percent among non-Hispanic White children, and 9.0 percent among non-Hispanic Asian children;

Whereas studies indicate that obese children are more likely to become obese adults and suffer lifelong physical and mental health problems;

Whereas unhealthy eating habits and lack of physical activity have contributed to the obesity epidemic in the United States;

Whereas a poor diet is associated with major health risks that can cause illness and even death;

Whereas obesity-related conditions include high blood pressure, high cholesterol, type 2 diabetes, breathing problems such as asthma and sleep apnea, and joint problems;

Whereas, in addition to healthy eating, people in the United States can experience positive health benefits and be on the path for a better future by incorporating physical activity into daily life, including 30 minutes for adults and 60 minutes for children;

Whereas physical activity can help reduce the risk of chronic conditions such as heart disease, many types of cancer, type 2 diabetes, depression and anxiety, and dementia;

Whereas being physically active can improve brain health, help manage weight, strengthen bones and muscles, and improve sleep quality; and

Whereas May 2026 would be an appropriate month to designate as “National Physical Fitness and Sports Month”:
Now, therefore, be it

1 *Resolved*, That the House of Representatives—

2 (1) supports the designation of “National Phys-
3 ical Fitness and Sports Month”; and

4 (2) supports efforts to educate the people of the
5 United States on the importance of a healthy and
6 nutritious lifestyle.

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