Public Law 98-23
98th Congress

Joint Resolution

Apr. 26, 1983
[S.J. Res. 53]

To authorize and request the President to designate the month of May 1983 as "National Physical Fitness and Sports Month".

Whereas one of every two adults in our country is a regular participant in exercise and sports;
Whereas the number of physically active men and women has doubled in ten years and continues to grow rapidly;
Whereas today we recognize that physical activity is an important part of daily life for people of both sexes and of all ages;
Whereas physical activity is vital to good health and is a rich source of pleasure and personal satisfaction;
Whereas our physical fitness and sports programs are one of the primary means by which we strengthen our bodies and refresh our spirits; and
Whereas it is essential that we make fitness and sports programs increasingly available so that all of our citizens will be able to experience the joys and benefits they offer: Now, therefore, be it

National Physical Fitness and Sports Month.

Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, That the President is authorized and requested to issue a proclamation designating the month of May 1983 as "National Physical Fitness and Sports Month" and to call upon Federal, State, and local government agencies, and the people of the United States to observe the month with appropriate programs, ceremonies, and activities.

Approved April 26, 1983.

LEGISLATIVE HISTORY—S.J. Res. 53:

CONGRESSIONAL RECORD, Vol. 129 (1983):
Mar. 18, considered and passed Senate.
Apr. 12, considered and passed House.

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