

105TH CONGRESS
2D SESSION

S. RES. 199

Designating the last week of April of each calendar year as “National Youth Fitness Week”.

IN THE SENATE OF THE UNITED STATES

MARCH 24, 1998

Mr. TORRICELLI submitted the following resolution; which was referred to the Committee on the Judiciary

RESOLUTION

Designating the last week of April of each calendar year as “National Youth Fitness Week”.

Whereas we are witnessing a historic decrease in the health of our Nation’s adolescents with only 22 percent of our children physically active for the recommended 30 minutes each day and nearly 15 percent of American youths almost completely inactive;

Whereas even physical education classes are on the decline with 75 percent of students in America not attending daily physical education classes and 25 percent of students not participating in any form of physical education in schools, which is a decrease in participation of almost 20 percent in just 4 years;

Whereas more than 60,000,000 people, $\frac{1}{3}$ of the Nation’s population, are overweight and even more disturbing, the

percentage of overweight adolescents has doubled in the last 30 years;

Whereas these serious trends have resulted in a decrease in the self-esteem of, and an increase in the risk of future health problems for, our Nation's adolescents;

Whereas adolescents represent the future of the Nation and the decrease in physical fitness in the United States may destroy our future potential unless we invest in our youthful population today to increase our productivity and stability tomorrow;

Whereas regular physical activity has proven effective in fighting depression, anxiety, premature death, diabetes, heart disease, high blood pressure, colon cancer, and a variety of weight problems;

Whereas physical fitness campaigns help encourage consideration of the mental and physical health of our Nation's youth; and

Whereas Congress should take steps to reverse a trend which, if not resolved, could destroy future opportunities for millions of today's youth because a healthy child makes a healthy, happy, and productive adult: Now, therefore, be it

1 *Resolved*, That the Senate—

2 (1) designates the week beginning with the last
3 Sunday in April of each calendar year as “National
4 Youth Fitness Week”;

5 (2) urges parents, families, caregivers, and
6 teachers to encourage and help adolescents to par-

1 ticipate in athletic activities and to teach adolescents
2 to engage in healthy lifestyles; and

3 (3) requests the President to issue a proclama-
4 tion each calendar year designating such week as
5 “National Youth Fitness Week” and encouraging
6 the people of the United States to observe this week
7 with appropriate activities and celebrations.

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