

111TH CONGRESS  
2D SESSION

# H. RES. 1536

Supporting Take a Child to a Park Week; declaring the third week in July as “National Take a Child to a Park Week”.

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## IN THE HOUSE OF REPRESENTATIVES

JULY 20, 2010

Mr. THOMPSON of Pennsylvania (for himself and Mr. HOLDEN) submitted the following resolution; which was referred to the Committee on Energy and Commerce

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## RESOLUTION

Supporting Take a Child to a Park Week; declaring the third week in July as “National Take a Child to a Park Week”.

Whereas, according to the Center for Disease Control and Prevention, childhood obesity rates in the United States have more than tripled in the last 30 years;

Whereas obese children and adolescents are at a greater risk for serious health problems;

Whereas a lack of physical activity is cited as one of the major contributing factors to obesity in children and adults;

Whereas, according to the Institute of Medicine, opportunities for extracurricular physical activity outside of school hours to complement formal physical education is an in-

creasingly important strategy to prevent obesity in children and young adults;

Whereas, according to the American Heart Association, parents should try to be role models for active lifestyles and provide children with opportunities for increased physical activity;

Whereas local parks offer children and families close to home recreation opportunities to engage in physical activity and reconnect with nature;

Whereas local parks and playgrounds play an instrumental role in helping children of all ability levels develop motor skills, cognitive abilities, and socializing attributes through both structured and unstructured activities and programs; and

Whereas local parks provide families with cost-effective means of spending time together, bonding, and engaging in healthy activities: Now, therefore, be it

1       *Resolved*, That the House of Representatives—

2               (1) recognizes the importance of engaging chil-  
3       dren in physical activity to combat the rising rate of  
4       childhood obesity;

5               (2) recognizes the value of local parks in pro-  
6       viding opportunities for children and families to en-  
7       gage in positive, healthy behaviors; and

8               (3) supports the annual designation of “Take a  
9       Child to a Park Week”.

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