

114TH CONGRESS
1ST SESSION

H. RES. 18

Expressing support for designation of January 7, 2015, as “National Be Active at Work Day”.

IN THE HOUSE OF REPRESENTATIVES

JANUARY 7, 2015

Ms. MICHELLE LUJAN GRISHAM of New Mexico submitted the following resolution; which was referred to the Committee on Oversight and Government Reform

RESOLUTION

Expressing support for designation of January 7, 2015, as
“National Be Active at Work Day”.

Whereas physical inactivity is a major contributor to the development of obesity, cardiovascular disease, diabetes, and other chronic diseases;

Whereas sitting for long periods of time at work is a risk factor for obesity, cardiovascular disease, metabolic diseases, and other chronic conditions;

Whereas less than 25 percent of jobs require physical activity and jobs that require primarily sedentary work have become increasingly common;

Whereas exercise performed outside of work does not fully counteract the negative impacts of sitting all day;

Whereas stair climbing burns calories at a high rate, enhances cardiovascular fitness, and promotes healthy lungs;

Whereas walking throughout the day improves cardiovascular health, lowers the risk of obesity, and related diseases;

Whereas stretching improves circulation, increases range of motion, and alleviates stress;

Whereas individuals with physical disabilities can often participate in physical activity throughout the work day with minor modifications;

Whereas all of these activities generally require no special equipment and can be performed by most people regardless of their fitness level;

Whereas many people start the new year with resolutions to improve their health;

Whereas there is a growing effort to encourage people to make small changes in their lives to improve their health; and

Whereas January 7, 2015, would be an appropriate date to designate as “National Be Active at Work Day”: Now, therefore, be it

1 *Resolved*, That the House of Representatives—

2 (1) supports the designation of “National Be
3 Active at Work Day”; and

4 (2) encourages the people of the United States
5 to observe the day with the appropriate activities.

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