

SENATE RESOLUTION NO. 707

WHEREAS, The Senate of the State of Texas is pleased to recognize Fort Worth Independent School District and Birdville Independent School District for their commitment to improving the physical health of students through the "Step With It!" program; and

WHEREAS, Developed by the Coca-Cola Company, the National Association for Sport and Physical Education, and The President's Challenge Physical Activity and Awards Program Step With It! challenges students of ages 10 through 14 to take a minimum of 10,000 steps a day to maintain good health through a more active lifestyle; and

WHEREAS, Middle school students in four Fort Worth schools and one Birdville school will be provided "Stepometers," small pedometers that track the number of steps they take each day; teachers and school administrators will also be encouraged to track their daily steps and to participate in the activities with the students; and

WHEREAS, Middle school students should be physically active at least 30 to 60 minutes each day, and students can meet this goal by running, dancing, stepping, or walking; and

WHEREAS, By demonstrating the benefits and fun of such a simple activity as stepping, the Step With It! program will help students see how easy it is to be active on a regular basis; now, therefore, be it

RESOLVED, That the Senate of the State of Texas, 78th Legislature, hereby commend Fort Worth Independent School District and Birdville Independent School District for implementing the Step With It! program and extend to the districts best wishes for success in teaching students to become lifelong exercisers; and, be it further

RESOLVED, That a copy of this Resolution be prepared for all the students, teachers, and administrators taking part in this exciting health program as an expression of esteem from the Texas Senate.

Nelson

President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on April 30, 2003.

Secretary of the Senate

Member, Texas Senate