

SENATE RESOLUTION NO. 874

WHEREAS, The Senate of the State of Texas is pleased to join the American Heart Association and citizens across the state in recognizing April 25, 2007, as Start! Walking At Work Day; and

WHEREAS, Each year, 1.2 million Americans suffer a new and recurrent coronary attack, and cardiovascular disease is the nation's leading cause of death, with direct and indirect costs estimated to be \$431.8 billion in 2007; and

WHEREAS, Increased physical activity can help improve these statistics; adults may gain up to two hours of life expectancy for every one hour of vigorous exercise; and

WHEREAS, In addition to increased life expectancy, regular walking has many other proven health benefits; brisk walking for 30 minutes every day can lower cholesterol and high blood pressure, and can help overweight individuals achieve and maintain weight loss and reduce the risk of stroke; and

WHEREAS, The Centers for Disease Control and Prevention estimate that physically active people save \$330 annually in direct medical expenditures; one of the best investments a company can make is the health of its employees, and by promoting a culture of physical activity, corporate America can decrease health care costs, increase productivity, and improve the quality of life and longevity of the American worker; and

WHEREAS, Start! Walking At Work Day is an excellent way to encourage Americans to become more physically active; now, therefore, be it

RESOLVED, That the Senate of the State of Texas, 80th Legislature, hereby commend the American Heart Association for increasing public awareness of cardiovascular disease and the importance of physical activity and join all Texans in celebrating Start! Walking At Work Day; and, be it further

RESOLVED, That a copy of this Resolution be prepared in honor of Start! Walking At Work Day.

Nelson

President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on April 25, 2007.

Secretary of the Senate

Member, Texas Senate