

By: Kolkhorst

H.R. No. 1255

R E S O L U T I O N

1 WHEREAS, The American Heart Association has developed
2 Start!, an innovative campaign to encourage a healthy, active
3 lifestyle in the workplace; and

4 WHEREAS, Start! calls on Americans and their employers to
5 create a culture of physical activity through office walking
6 programs; and

7 WHEREAS, The initiative centers around four key elements to
8 achieve this worthwhile goal, including MyStart! Online, which
9 offers members a fitness and nutrition tracker and maps that show
10 walking paths throughout the country; the Start! Fit-Friendly
11 Companies Recognition Program recognizes employers that champion
12 the health of their employees and work to bolster physical
13 activity; the Start! Walking Program encourages companies to
14 promote walking at work and recognizes employees who move from a
15 sedentary to a more active lifestyle; and the Start! Heart Walk,
16 which gives people an opportunity to improve their health through
17 walking while helping fund the fight against heart disease and
18 stroke; and

19 WHEREAS, Sedentary lifestyles are contributing to an
20 increasing number of health problems for our state's citizens, and
21 this program helps motivate individuals to adopt and maintain
22 healthier habits; now, therefore, be it

23 RESOLVED, That the House of Representatives of the 81st Texas
24 Legislature hereby recognize April 8, 2009, as Start! Day at the

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1 Capitol and extend to all participants sincere best wishes for a
2 successful event.