

By: Lucio III

H.R. No. 1182

R E S O L U T I O N

1 WHEREAS, Regular physical activity contributes greatly to
2 good health, and the American Heart Association is promoting one of
3 the simplest paths to fitness through the observance of National
4 Start! Walking Day on April 6, 2011; and

5 WHEREAS, For every hour of walking, life expectancy may
6 increase by two hours, according to recent studies; brisk walking
7 for just 30 minutes a day can lower blood pressure, increase HDL
8 "good" cholesterol in the blood, control weight, and control blood
9 sugar through improved use of insulin in the body; all these changes
10 help reduce the risk of cardiovascular disease and stroke; and

11 WHEREAS, Cardiovascular diseases, including coronary heart
12 disease and stroke, are the nation's leading cause of death, as well
13 as a major cause of disability; each year, 1.26 million Americans
14 suffer a new or recurrent coronary attack and nearly 800,000 suffer
15 a new or recurrent stroke; the total direct and indirect costs
16 associated with cardiovascular disease, including lost
17 productivity, are estimated at more than \$440 billion for 2010
18 alone; and

19 WHEREAS, According to the American Heart Association,
20 physically active people save \$500 a year in health care costs, and
21 employers can save \$16 for every \$1 they spend on health and
22 wellness; studies indicate that one of the best investments a
23 company can make is in the health of its employees, and by promoting
24 a culture of physical activity, corporate America can decrease

1 health care costs, increase productivity, and improve the fitness
2 and longevity of the workforce; and

3 WHEREAS, Walking is free, easy, and safe, it has the lowest
4 dropout rate of any type of exercise, and it can result in a vastly
5 improved quality of life; now, therefore, be it

6 RESOLVED, That the House of Representatives of the 82nd Texas
7 Legislature hereby recognize April 6, 2011, as National Start!
8 Walking Day and encourage all Texans to take charge of their health
9 by taking time to walk.