

SENATE RESOLUTION NO. 710

**WHEREAS**, The Senate of the State of Texas is pleased to join the American Heart Association and Texans across the state in celebrating April 6, 2011, as National Start! Walking Day; and

**WHEREAS**, Cardiovascular diseases, including coronary heart disease and stroke, are the nation's leading cause of death and a primary cause of disability; the total cost of cardiovascular disease, including lost productivity, was estimated to be \$444.2 billion in 2010 alone; and

**WHEREAS**, Regular physical activity can reduce the risk of cardiovascular disease and increase life expectancy, and walking on a consistent basis has many proven benefits for overall health; brisk walking for 30 minutes each day can help reduce blood pressure, control weight, and help manage blood sugar through improved use of insulin in the body; and

**WHEREAS**, One of the best investments a company can make is in the health of its employees; by promoting a culture of physical activity, corporate America can decrease health care costs, increase productivity, and improve the quality of life and the longevity of the United States workforce; and

**WHEREAS**, The observance of National Start! Walking Day calls on Americans to become more physically active by beginning a regimen of regular walking; it is truly fitting that this important day receive recognition for its potential to help improve the nation's health; now, therefore, be it

**RESOLVED**, That the Senate of the State of Texas, 82nd Legislature, hereby commend the American Heart Association on its commitment to improving Americans' health and extend best wishes for a successful National Start! Walking Day; and, be it further

**RESOLVED**, That a copy of this Resolution be prepared in honor of this special day.

Nelson

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President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on April 5, 2011.

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Secretary of the Senate

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Member, Texas Senate