

1 SJR55  
2 127428-1  
3 By Senator Smitherman  
4 RFD:  
5 First Read: 24-MAR-11

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8 RECOGNIZING THE WEEK OF MAY 1-7, 2011, AS PHYSICAL  
9 EDUCATION AND SPORTS WEEK AND THE MONTH OF MAY AS PHYSICAL  
10 FITNESS AND SPORTS MONTH.

11  
12 WHEREAS, many residents of Alabama would improve the  
13 quality of their lives through proper exercise and diet; and

14 WHEREAS, obesity-related diseases cost the United  
15 States economy more than \$139 billion every year; and

16 WHEREAS, physical activity reduces risk, at all  
17 ages, of heart disease, high blood pressure, and diabetes; and

18 WHEREAS, fewer than one third of individuals aged 6  
19 through 17 participate in vigorous physical activity on a  
20 regular basis; and

21 WHEREAS, physical activity is necessary to support  
22 normal growth in children and is essential to the continuing  
23 health and well-being of youth and adults; and

24 WHEREAS, more than 70 million children and youth in  
25 the United States have the potential to acquire the knowledge,  
26 skills, and values that can lead to a lifetime of physically  
27 active and healthy living; and

1           WHEREAS, the goal of "Let's Move in School" is to  
2 ensure that every school provides a comprehensive school  
3 physical activity program with quality physical education as  
4 the foundation, so that youth will develop the knowledge,  
5 skills, and confidence to be physically active for a lifetime;  
6 and

7           WHEREAS, it is appropriate to recognize May 1-7,  
8 2011, as National Physical Education and Sports Week; and

9           WHEREAS, the month of May has traditionally been  
10 recognized as National Physical Fitness and Sports Month, to  
11 encourage broader promotion of physical fitness activities and  
12 programs in schools, parks, recreation departments, employee  
13 associations, hospitals, and other entities involved in  
14 physical fitness; now therefore,

15           BE IT RESOLVED BY THE LEGISLATURE OF ALABAMA, BOTH  
16 HOUSES THEREOF CONCURRING, That we recognize May 1-7, 2011, as  
17 Physical Education and Sports Week and the month of May as  
18 Physical Fitness and Sports Month, and we urge all Alabamians  
19 to become involved in the "Let's Move in School" campaign to  
20 promote quality physical education programs in our schools.

21           BE IT FURTHER RESOLVED, That a copy of this  
22 resolution be provided for appropriate presentation and  
23 display during the observance of these events.