

No. R-171. House concurrent resolution designating April 29, 2015, as National Walk@Lunch Day in Vermont.

(H.C.R.128)

Offered by: Representatives Frank of Underhill, McCullough of Williston, and Mrowicki of Putney

Whereas, National Walk@Lunch Day is a workplace walking event that encourages employees to walk during their lunch break, making exercise a convenient and easy choice during the day, and

Whereas, a brisk walk, even for only 30 minutes, five times a week, can result in significant health benefits, including lowering the risk of developing or dying from cardiovascular disease, hypertension, or type 2 diabetes, and it can improve one's muscles, bones, and joints, and

Whereas, walking is a fun activity that provides healthy exercise and an opportunity to enjoy the outdoors, and

Whereas, physical activity is vital to the well-being of all Americans, and National Walk@Lunch Day is an opportunity for Americans to carve time out of their busy work schedules to exercise and become healthier, and

Whereas, in 2015, National Walk@Lunch Day will be observed on April 29, and it provides a great chance for healthy, midday exercise, now therefore be it

Resolved by the Senate and House of Representatives:

That the General Assembly designates April 29, 2015, as National Walk@Lunch Day in Vermont, and be it further

Resolved: That the Secretary of State be directed to send a copy of this resolution to Beth Esmond at BlueCross and BlueShield of Vermont.