

No. R-509. House concurrent resolution designating April 27, 2016 as Walk@Lunch Day in Vermont.

(H.C.R.355)

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

Whereas, simply getting 30 minutes of moderate physical activity, such as a brisk walk, at least five times a week can result in significant health benefits, and

Whereas, these benefits can include lowering the risk of developing or dying from cardiovascular disease, hypertension and type 2 diabetes and improving the health of muscles, bones, and joints, and

Whereas, the U.S. Department of Health and Human Services estimates that the annual cost to treat the illnesses and chronic diseases that an inactive lifestyle causes is nearly \$1,000.00 for every family in America, 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, National Walk@Lunch Day is a workplace walking program that encourages employees to walk during their lunch break, making exercise a convenient and easy choice during the day, and

Whereas, 50 states will participate in National Walk@Lunch Day, improving the health of those residents step-by-step, now therefore be it

Resolved by the Senate and House of Representatives:

That the General Assembly designating April 27, 2016 as 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 BlueCross BlueShield of Vermont.