

No. R-140. House concurrent resolution designating April 27, 2011, as National Walk@Lunch Day in Vermont.

(H.C.R.130)

Offered by: Representatives Frank of Underhill, Andrews of Rutland City, Batchelor of Derby, Bohi of Hartford, Burditt of West Rutland, Buxton of Royalton, Champion of Bennington, Clarkson of Woodstock, Dakin of Chester, Evans of Essex, French of Randolph, Haas of Rochester, Larocque of Barnet, Lenes of Shelburne, Lorber of Burlington, Macaig of Williston, Manwaring of Wilmington, Martin of Springfield, McCullough of Williston, McFaun of Barre Town, Mrowicki of Putney, Nuovo of Middlebury, Pugh of South Burlington, Ram of Burlington, Shand of Weathersfield, Sweaney of Windsor, Toll of Danville, Trieber of Rockingham, Woodward of Johnson and Yantachka of Charlotte

Whereas, getting 30 minutes of moderate physical activity, such as a brisk walk, at least five times a week can result in significant health benefits, such as lowering the risk of developing or dying from cardiovascular disease, hypertension, or type 2 diabetes and improving the health of muscles, bones, and joints, and

Whereas, the United States Department of Health and Human Services estimates the cost to treat illness and chronic disease caused by inactive lifestyles is nearly \$1,000.00 for every family in America, every year, 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 event that encourages employees to walk during their lunch break, making exercise a convenient and easy choice during the day, and

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

Resolved by the Senate and House of Representatives:

That the General Assembly designates April 27, 2011, as National
Walk@Lunch Day and encourages Vermonters to walk at lunch, and be it
further

Resolved: That the Secretary of State be directed to send a copy of this
resolution to BlueCross BlueShield of Vermont in Berlin.