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## 2007 SENATE RESOLUTION 5

April 20, 2007 - Introduced by Senators Lassa, Lehman, Coggs, Risser, Roessler, Olsen, A. Lasee and Schultz. Referred to Committee on Senate Organization.

**Relating to:** Start! Walking At Work Day.

Whereas, each year 1.2 million Americans suffer a new or recurrent coronary attack, and cardiovascular disease is the nation's leading cause of death with direct and indirect costs estimated at \$431.8 billion in 2007; and

Whereas, more physical activity can help improve these statistics; and

Whereas, adults may gain up to two hours of life expectancy for every one hour of vigorous exercise; and

Whereas, in addition to increased life expectancy, regular walking has many proven benefits for an individual's overall health. Brisk walking for 30 minutes a day can lower both bad cholesterol (LDL) levels and high blood pressure. It can also help individuals who are overweight to achieve and maintain weight loss and to reduce their risk of stroke; and

Whereas, the Centers for Disease Control and Prevention estimate that physically active people save \$330 per year in direct medical expenditures; and

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Whereas, studies indicate that 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 longevity of the U.S. workforce; and

Whereas, on Start! Walking At Work Day, April 25, the American Heart Association's Start! movement calls on all employees to wear sneakers to work and to start walking at work; and

Whereas, the purpose of Start! Walking At Work Day is to get Americans to become more physically active by walking; now, therefore, be it

Resolved by the senate, That the members of the Wisconsin assembly declare April 25, 2007, "Start! Walking At Work Day" and urge all citizens to show their support for walking and the fight against heart disease and to commemorate this day by walking at work. By increasing awareness of the importance of physical activity to reduce the risk of cardiovascular disease, we can save thousands of lives each year.

15 (END)