



2007 ASSEMBLY RESOLUTION 7

April 19, 2007 – Introduced by Representatives MOULTON, NEWCOMER, STRACHOTA, HAHN, SHERIDAN, CULLEN, BOYLE, TOLES, SEIDEL, FIELDS, BERCEAU and ZEPNICK. Referred to Committee on Rules.

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

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

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

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

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

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

