

**STATE OF MAINE**

---

**IN THE YEAR OF OUR LORD**

**TWO THOUSAND TWENTY-THREE**

---

**JOINT RESOLUTION RECOGNIZING MAY 2023 AS NATIONAL  
PHYSICAL FITNESS AND SPORTS MONTH**

**WHEREAS**, every President of the United States since Ronald Reagan and including Joseph Biden has declared May to be National Physical Fitness and Sports Month; and

**WHEREAS**, the Maine Legislature is committed to supporting a thriving, vibrant and healthier community for residents of all ages and abilities; and

**WHEREAS**, the Maine Legislature recognizes the importance of providing access to safe and convenient places to be physically active for people regardless of age, gender, race, income, socioeconomic status, disability or geographic location; and

**WHEREAS**, approximately one in 5 children and 2 in 5 adults in the United States have obesity; and

**WHEREAS**, one in 2 adults in the United States lives with a chronic disease and about half of this group has 2 or more chronic diseases; and

**WHEREAS**, about one in 4 young adults in the United States is too overweight to serve in our military; and

**WHEREAS**, the United States Department of Health and Human Services Physical Activity Guidelines for Americans recommend that children and teenagers perform 60 minutes or more of moderate-to-vigorous-intensity physical activity each day and that adults perform at least 150 minutes a week of moderate-intensity activity, such as brisk walking; and

**WHEREAS**, only half of adults and one-quarter of youths in the United States get the recommended amounts of aerobic physical activity they need to help reduce and prevent chronic diseases; and

**WHEREAS**, physical activity is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death; and

**WHEREAS**, physically active people generally live longer and are at lower risk for serious health problems such as heart disease, Type 2 diabetes, obesity and some cancers and, for people with chronic diseases, physical activity can help manage these conditions and complications; and

**WHEREAS**, physical activity can benefit the workforce because physically active people tend to take fewer sick days; and

**WHEREAS**, the United States Department of Health and Human Services, Centers for Disease Control and Prevention is leading Active People, Healthy Nation, a national initiative to help 27 million Americans become more physically active by 2027; and

**WHEREAS**, communities can support Active People, Healthy Nation by implementing one or more of 7 evidence-based strategies recommended by the Centers for Disease Control and Prevention to increase physical activity across sectors and settings; and

**WHEREAS**, building active and walkable communities can help increase levels of retail economic activity and employment, increase property values, support neighborhood revitalization and reduce health care costs; and

**WHEREAS**, walkable communities can improve traffic safety for people who walk, ride bicycles and drive; and

**WHEREAS**, individual effort alone is insufficient to improve opportunities for people to be physically active, and significant policy, systems and environmental changes are needed to support and protect individual efforts to make healthier choices; and

**WHEREAS**, it is important to ensure that longtime residents have the opportunity to benefit from increased community investment and that community improvement projects do not result in community displacement; and

**WHEREAS**, reducing barriers to safe and equitable public spaces for persons of color to be physically active is important to addressing existing health disparities; and

**WHEREAS**, every Active People, Healthy Nation strategy can be used to support the goal of equitable and inclusive access to opportunities for physical activity; now, therefore, be it

**RESOLVED:** That, We, the Members of the One Hundred and Thirty-first Legislature now assembled in the First Special Session, on behalf of the people we represent, take this opportunity to recognize May 2023 as National Physical Fitness and Sports Month; and be it further

**RESOLVED:** That we recognize that physical activity is one of the best things adults, children and families can do to improve their health and that, in light of the foregoing considerations, we express our support for Active People, Healthy Nation strategies, including those promoting activity-friendly routes to everyday destinations, access to places for physical activity and school and youth programs to increase physical activity before, during and after school.