

# HOUSE RESOLUTION NO. 244

Reps. Rogers, Rheingans, Price, Scott, Hood, Bierlein, Steckloff, Xiong, Koleszar, Brixie, Schuette, Beson, Slagh, Glanville, Herzberg, Hill, McKinney, Miller, Byrnes, Neeley, Haadsma, Andrews and Wilson offered the following resolution:

1           A resolution to declare May 2024 as Michigan Moves Month in  
2 the state of Michigan.

3           Whereas, Having the ability to confidently engage in a myriad  
4 of enjoyable physical activities is critical to improving the  
5 health and wellbeing of all Michiganders; and

6           Whereas, The Governor's Council on Physical Fitness, Health  
7 and Sports was established in 1992 to encourage increased physical  
8 activity and improve the health of Michigan residents; and

9           Whereas, Increasing access to interventions and opportunities

1 for decreasing sedentary time and increasing physical activity,  
2 especially in the form of moderately vigorous physical activity, is  
3 a public health priority; and

4       Whereas, According to the 2023 County Health Rankings data  
5 furnished by the Robert Wood Johnson Foundation, 35% of residents  
6 in Michigan are obese, while 85% have access to exercise  
7 opportunities; and

8       Whereas, The ongoing observation during the month of May,  
9 "Michigan Moves Month" is designed to celebrate, promote, and  
10 encourage every Michigander to simply move more. Evidence shows  
11 that being physically active helps improve overall physical and  
12 mental health; and,

13       Whereas, Several health focused organizations in Michigan  
14 including, the Michigan Fitness Club Association, Michigan  
15 Recreation and Park Association, American Heart Association, the  
16 American Physical Therapy Association Michigan Chapter (APTA MI),  
17 and SHAPE-MI are committed to promoting fun and health-enhancing  
18 physical activity during the month of May, as part of the now  
19 annual celebration of "Michigan Moves Month"; and

20       Whereas, As a unified voice, these organizations seek to  
21 amplify the message that physical activity is an essential public  
22 health intervention for improving individual and societal health  
23 and wellbeing throughout the lifespan; now, therefore, be it

24       Resolved, by the House of Representatives, That the members of  
25 this legislative body declare May 2024 as Michigan Moves Month in  
26 the state of Michigan. Let this month remind us how important  
27 physical activity is to every person's overall health and begin a  
28 commitment to physical activity all year to improve the health of  
29 all Michiganders.