

HOUSE RESOLUTION NO. 223

Reps. Thanedar, Cavanagh, Haadsma, Manoogian, Sabo, Sneller and Young offered the following resolution:

1 A resolution to declare February 2022 as Fitness Month in the
2 state of Michigan.

3 Whereas, Fitness has significant health benefits for hearts,
4 bodies, and minds. These benefits can include, but are not limited
5 to, reduced risk of cardiovascular disease, Type 2 diabetes,
6 cancer, healthy weight management, and reduced risk of depression
7 and anxiety; and

8 Whereas, The International Physical Literacy Association
9 reports that confidence, physical competence, knowledge, and
10 understanding to value and take responsibility for engagement in
11 physical activities for life, is critical for child development;
12 and

1 Whereas, Adults under 65 should engage in 150 to 300 minutes
2 of moderate cardio activity each week, in addition to two strength
3 related workouts, according to U.S. Department of Health and Human
4 Services' Physical Activity Guidelines for Americans. However,
5 fewer than half of Americans meet both recommendations, according
6 to the Centers for Disease Control and Prevention (CDC).

7 Whereas, The percentage of Michigan adults who met the federal
8 physical activity guidelines from 2015-2019 never exceeded 25%,
9 according to a CDC Behavioral Risk Factor Surveillance System
10 study; and

11 Whereas, The state of Michigan is home to over 1,000 health
12 clubs that service over 2.5 million residents. The fitness industry
13 helps combat a 33% adult obesity rate and lowers healthcare costs,
14 83% of which are spent on chronic diseases; and

15 Whereas, Health clubs are a key economic asset to the state of
16 Michigan, bringing in more than \$776 million in revenue and
17 employing over 46,000 residents; and

18 Whereas, The Michigan Fitness Club Association (MFCA) is a
19 statewide membership organization dedicated to educating and
20 promoting fitness and wellness and connecting exercise centers with
21 our healthcare delivery system. MDCA brings together organizations
22 such as Planet Fitness, Burn Fitness, Orangetheory Fitness, and
23 more, to empower fitness professionals and improve health outcomes
24 in Michigan; and

25 Whereas, In the month of February, health clubs and volunteers
26 will come together throughout the state of Michigan to raise
27 awareness about the importance of fitness to achieve their mission
28 of delivering health and wellness to the public; now, therefore, be
29 it

1 Resolved by the House of Representatives, That the members of
2 this legislative body declare February 2022 as Fitness Month in the
3 state of Michigan.