

# HOUSE RESOLUTION NO. 223

Rep. Thanedar 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

13           Whereas, Adults under 65 should engage in 150 to 300 minutes

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

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

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

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

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

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

29       Resolved by the House of Representatives, That the members of

1 this legislative body declare February 2022 as Fitness Month in the  
2 state of Michigan.