

HOUSE RESOLUTION NO. 81

Rep. VanderWall offered the following resolution:

1 A resolution to declare May 2025 as Michigan Moves Month in
2 the state of Michigan.

3 Whereas, Physical activity benefits our physical health and
4 improves the quality of our lives overall; and

5 Whereas, Physical activity is a cost-effective, fun, safe, and
6 evidence-based public health intervention to address chronic
7 diseases, like diabetes, heart disease, and obesity, as well as
8 mental illness and substance use disorders; and

9 Whereas, The Center for Disease Control has recognized for
10 decades the strong role parks and green spaces play in overall
11 health within a community; and

12 Whereas, Michigan is dedicated to improving the quality of life
13 of all residents and visitors through movement to inspire and
14 facilitate a culture of active living; and

1 Whereas, Michigan provides over one hundred public beaches,
2 103 state parks and recreation areas, nineteen million acres of
3 forest, and thousands of miles of trails as places where people can
4 be physically active; and

5 Whereas, The Michigan Moves Coalition, the Michigan Fitness
6 Foundation, the Governor's Council on Physical Fitness, Health, and
7 Sports, the Michigan Society of Health and Physical Educators, the
8 Michigan Fitness Association, state agencies, private and nonprofit
9 organizations, and other related groups can serve to enlighten and
10 ignite awareness for physical activity opportunities in worksites,
11 schools, businesses, fitness facilities, and communities throughout
12 the state; and

13 Whereas, In an effort to improve the health and well-being of
14 all Michiganders, Michigan Moves Month in its fourth year, will
15 promote all forms of human movement for persons of every ability to
16 pursue an active and healthy lifestyle and participate in regular
17 physical activity throughout their lifespan; now, therefore, be it

18 Resolved by the House of Representatives, That the members of
19 this legislative body declare May 2025 as Michigan Moves Month in
20 the state of Michigan. Let this month remind us how important
21 physical activity is to every person's overall health and begin a
22 commitment to physical activity all year to improve the health of
23 all Michiganders.