

## MICHIGAN SENATE

### Senate Resolution No. 137

Offered by Senator Huizenga

#### A RESOLUTION TO RECOGNIZE MAY 2022 AS MICHIGAN FITNESS MONTH

WHEREAS, Fitness has significant health benefits for hearts, bodies, and minds. These benefits can include, but are not limited to, reduced risk of cardiovascular disease, type 2 diabetes, cancer, healthy weight management, and reduced risk of depression and anxiety; and

WHEREAS, The International Physical Literacy Association (IPLA) reports that physical literacy, known as the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life, is critical for child development; and

WHEREAS, Adults under 65 years of age should engage in 150-300 minutes of moderate cardio activity each week, in addition to two strength-related workouts, according to the United States Department of Health and Human Services' (DHHS) physical activity guidelines for Americans. However, fewer than half of Americans meet both recommendations, according to the Centers for Disease Control and Prevention (CDC); and

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

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

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

WHEREAS, The Michigan Fitness Club Association (MFCA) is a statewide membership organization dedicated to educating, promoting fitness and wellness, and connecting exercise centers with our healthcare delivery system. MFCA also brings together organizations such as Planet Fitness, Burn Fitness, Orangetheory Fitness, and more to empower fitness professionals and improve health outcomes in our state; and

WHEREAS, In the month of May, health clubs and volunteers will come together throughout Michigan to raise awareness about the importance of fitness to achieve their mission of delivering health and wellness to the public; now, therefore, be it

RESOLVED BY THE SENATE, That the members of this legislative body recognize May 2022 as Michigan Fitness Month.

Adopted by the Senate, May 10, 2022.



Secretary of the Senate