

SENATE RESOLUTION NO.137

Senator Huizenga offered the following resolution:

1 A resolution to recognize May 2022 as Michigan Fitness Month.

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

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

12 Whereas, Adults under 65 years of age should engage in 150-300

1 minutes of moderate cardio activity each week, in addition to two
2 strength-related workouts, according to the United States
3 Department of Health and Human Services' (DHHS) physical activity
4 guidelines for Americans. However, fewer than half of Americans
5 meet both recommendations, according to the Centers for Disease
6 Control and Prevention (CDC); and

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

11 Whereas, Michigan is home to over 1,000 health clubs that
12 service over 2.5 million residents. The fitness industry helps
13 combat a 33 percent adult obesity rate and lowers healthcare costs,
14 83 percent 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, promoting
20 fitness and wellness, and connecting exercise centers with our
21 healthcare delivery system. MFCA also 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 our state; and

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

29 Resolved by the Senate, That the members of this legislative

1 body recognize May 2022 as Michigan Fitness Month.