
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 85 Session of
2023

INTRODUCED BY ROZZI, MADDEN, HOHENSTEIN, SANCHEZ, HADDOCK, KHAN,
GILLEN, VITALI, ISAACSON, MERSKI AND MALAGARI, APRIL 25, 2023

REFERRED TO COMMITTEE ON HEALTH, APRIL 25, 2023

A RESOLUTION

1 Designating the month of May 2023 as "Fitness Month" in
2 Pennsylvania.

3 WHEREAS, Exercise and recreational activities increase
4 Pennsylvanians' ability to prevent a variety of diseases,
5 including obesity, diabetes, stroke and heart disease, all of
6 which are considered key comorbidity factors for COVID-19; and

7 WHEREAS, According to the Department of Health, 33% of all
8 adults and 18% of children in this Commonwealth are affected by
9 obesity; and

10 WHEREAS, Further, the Department of Health notes the
11 prevalence of obesity, like many other serious and chronic
12 diseases, is higher in Hispanic and non-Hispanic Black adults
13 and children than in non-Hispanic White and non-Hispanic Asian
14 individuals; and

15 WHEREAS, Exercise and recreational activities enhance
16 Pennsylvanians' mental health and overall sense of well-being;
17 and

18 WHEREAS, All Pennsylvanians deserve access to physical

1 fitness, whether at their home, in the great outdoors or at a
2 local gym, health club, recreational facility or other fitness
3 venue; and

4 WHEREAS, Amidst the pandemic, Pennsylvania's fitness
5 community, including the Pennsylvania Fitness Alliance, has
6 championed COVID-19 precautions while encouraging the continued
7 importance of exercise; and

8 WHEREAS, Pennsylvania's fitness operators adapted their
9 offerings to help curb the spread of COVID-19, while allowing
10 Pennsylvanians to retain their active and healthy lifestyles;
11 and

12 WHEREAS, The Pennsylvania Fitness Alliance represents 1,345
13 health clubs in this Commonwealth with a combined membership of
14 1.904 million health club members; and

15 WHEREAS, The Commonwealth acknowledges the Pennsylvania
16 fitness community for adapting to and enduring the challenges
17 posed by the pandemic, allowing thousands of Pennsylvanians
18 across this Commonwealth to safely and responsibly maintain and
19 improve their physical and mental health through exercise during
20 the COVID-19 pandemic; therefore be it

21 RESOLVED, That the House of Representatives designate the
22 month of May 2023 as "Fitness Month" in Pennsylvania.