



HR1308

LRB095 21403 GRL 50734 r

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HOUSE RESOLUTION

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WHEREAS, The President of the United States has designated the month of May as Older Americans Month and National Physical Fitness and Sports Month; and

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WHEREAS, It is appropriate to honor our mature citizens for their many contributions to the vitality and strength of our community; and

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WHEREAS, The United States Surgeon General has determined that regular physical activity results in significant health benefits and improved quality of life for older adults; and

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WHEREAS, All older adults can participate in activities that improve and maintain their health; therefore, be it

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RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE NINETY-FIFTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that we designate the date of May 19, 2008 as Senior Health & Fitness Day in the State of Illinois; and be it further

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RESOLVED, That we urge all of the citizens of this State to support the efforts of local organizations that encourage older adults to enhance their lives through physical activity.

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