

Resolution Designating May 2010 as Physical Fitness
And Sports Month in Anne Arundel County Public Schools

- Whereas,* Moderate daily physical activity can substantially reduce the risk of developing or dying from cardiovascular disease, type II diabetes, and certain cancers; and
- Whereas,* Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis; and
- Whereas,* *The Surgeon General's Report on Physical Activity and Health* concluded that significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing volleyball), and it is well known that additional health benefits can be gained through greater amounts of physical activity; and
- Whereas,* Cardiovascular disease (heart attacks, strokes) is the number one killer of men and women in the United States, and physically inactive people are twice as likely to develop coronary heart disease as regularly active people, and the health risk posed by physical inactivity is almost as high as risk factors such as cigarette smoking, high blood pressure, and high cholesterol; and
- Whereas,* Childhood and adolescence are pivotal times for preventing sedentary behavior among adults by maintaining the habit of physical activity throughout the school years; and
- Whereas,* Since President Reagan proclaimed the first National Physical Fitness and Sports Month, "May Month" has spurred Americans to get moving in May - individuals, families, employees in the workplace, communities, and public/private sector organizations; therefore be it
- Resolved,* That the Anne Arundel County Board of Education (BOE) directs the Superintendent of Schools to designate the Month of May "Physical Fitness and Sports Month in Anne Arundel County Public Schools (AACPS)"; and be it further
- Resolved,* That the BOE urges the Superintendent to work with staff to develop programs and plans that will encourage children and families in Anne Arundel County to do physical activities together during "May Month"; and be it further
- Resolved,* That collaborative relationships will be maintained, and encouraged by the Superintendent, between AACPS and the Department of Health, other county agencies, and community partners, to promote programs that can be done jointly that will encourage county residents to participate in healthy activities during the month of May and throughout the year.