

2002 SESSION

INTRODUCED

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SENATE JOINT RESOLUTION NO. 74

Offered January 9, 2002

Prefiled January 9, 2002

Designating February 14 as Healthy Heart Day in Virginia.

Patron—Potts

Referred to Committee on Rules

WHEREAS, heart disease is the number one cause of death in the United States, and more than one in four Virginians suffers from some form of cardiovascular disease; and

WHEREAS, according the Surgeon General of the United States and the American Heart Association, physical inactivity is a clear risk factor for the development of heart disease; and

WHEREAS, the American Heart Association recommends that Americans follow the "ABCs for Good Health": Aim for fitness, Build a healthy base, and Choose sensibly; and

WHEREAS, Lisa Melton of Pearisburg, Miss Apple Blossom Festival 2001, has proposed a Healthy Heart Day in Virginia during Heart Awareness Month in February; and

WHEREAS, Lisa Melton's proposal, as a reminder to Virginians of the importance of physical activity and a sensible diet, is a positive step in the ongoing battle against heart disease in the Commonwealth; now, therefore, be it

RESOLVED by the Senate, the House of Delegates concurring, That the General Assembly hereby designate February 14, in 2002 and in each succeeding year, as Healthy Heart Day in Virginia; and, be it

RESOLVED FURTHER, That the General Assembly commend Lisa Melton for her public-spirited campaign on behalf of healthier Virginians; and, be it

RESOLVED FINALLY, That the General Assembly urge Virginians to observe Healthy Heart Day by re-evaluating lifestyle choices; choosing to accumulate 30 minutes of moderately intense physical activity a day, three or four times a week; and choosing to follow the Food Guide Pyramid and other, similar dietary guidelines.

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