

# 2004 SPECIAL SESSION I

ENROLLED

## SENATE JOINT RESOLUTION NO. 5018

*Designating May 13th, in 2004 and in each succeeding year, as P.L.A.Y. Day in Virginia.*

Agreed to by the Senate, May 7, 2004  
Agreed to by the House of Delegates, May 7, 2004

WHEREAS, childhood obesity is the world's fastest growing disease, and according to the Surgeon General of the United States, the percentage of United States children who are overweight has nearly tripled in the past two decades; and

WHEREAS, risk factors for heart disease, the number one cause of death in the United States, which include high cholesterol and high blood pressure, occur with increased frequency in overweight adolescents when compared to children with a normal weight; and

WHEREAS, obesity in children and adolescents is generally caused by lack of physical activity and unhealthy eating patterns; and

WHEREAS, Lisa Melton of Blacksburg, Miss Lynchburg 2004, has proposed a P.L.A.Y. Day in Virginia during May, National Physical Fitness and Sports Month; and

WHEREAS, Lisa Melton's proposal, reminding children and adolescents in Virginia of the importance of P.L.A.Y. (Physical Lifelong Activity for You) is a positive step in the ongoing battle against childhood obesity in the Commonwealth; now, therefore, be it

RESOLVED by the Senate, the House of Delegates concurring, That the General Assembly designate May 13th, in 2004 and in each succeeding year, as P.L.A.Y. 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 FURTHER, That the General Assembly urge all Virginians to observe P.L.A.Y. Day by encouraging children and adolescents to participate in some form of physical activity for 30 minutes every day and make physical activity a lifelong habit; and, be it

RESOLVED FURTHER, That the Clerk of the Senate prepare a copy of this resolution for presentation to Lisa Melton as an expression of the General Assembly's admiration for her efforts in promoting children's health; and, be it

RESOLVED FINALLY, That the Clerk of the Senate post the designation of this day on the General Assembly's website.

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