

1 State of Arkansas  
2 83rd General Assembly  
3 Regular Session, 2001

HR 1054

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5 By: Representative T. Steele  
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## 8 **HOUSE RESOLUTION**

9 REQUESTING THE DIRECTORS OF ALL STATE AGENCIES TO  
10 DESIGN AND IMPLEMENT PHYSICAL ACTIVITY PROGRAMS AS A  
11 REGULAR PART OF THE WORK DAY.

### 12 **Subtitle**

13 REQUESTING THE DIRECTORS OF ALL STATE  
14 AGENCIES TO DESIGN AND IMPLEMENT  
15 PHYSICAL ACTIVITY PROGRAMS AS A REGULAR  
16 PART OF THE WORK DAY.  
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20 WHEREAS, physical activity improves cardiovascular endurance,  
21 flexibility, builds bone density, and muscular strength and endurance; and  
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23 WHEREAS, physical activity may reduce obesity and may alleviate  
24 depression and anxiety; and  
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26 WHEREAS, physically active adults are less likely than sedentary  
27 adults to develop chronic diseases including cardiovascular disease,  
28 hypertension, non-insulin dependent diabetes mellitus, and cancer of the  
29 colon; and  
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31 WHEREAS, physical activity may reduce absenteeism through illness and  
32 increase the quality of work through improvements in brain functioning,  
33 alertness and general health;  
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35 NOW THEREFORE,

36 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE EIGHTY-THIRD GENERAL

ASSEMBLY OF THE STATE OF ARKANSAS:

THAT the directors of all state agencies are requested to design and implement programs of physical activity to be blended into the daily routines of office-bound workers.