

103RD CONGRESS
2^D SESSION

S. J. RES. 146

JOINT RESOLUTION

Designating May 1, 1994, through May 7, 1994, as
"National Walking Week".

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“National Walking Week”.

Whereas medical authorities have established that walking—

(1) powerfully protects against high blood pressure, cholesterol problems, and other factors that can contribute to heart disease;

(2) protects against adult onset (Type II) diabetes;

(3) builds strong bones and protects against osteoporosis, the weak-bone disease that afflicts millions of older women;

(4) probably offers protection against several forms of cancer that are believed to be preventable through regular and moderate exercise; and

(5) is a safe and dependable way for millions of overweight people to lose weight without stringent dieting;

Whereas the failure to exercise regularly, such as walking, has been identified as the single greatest risk factor for heart disease;

Whereas the designation of “National Walking Week” will help promote the issue of pedestrian access and safety;

Whereas areas of America are becoming inaccessible or unsafe for walkers, so the benefits of this activity are being blocked;

Whereas people should be able to walk anywhere in their community, within reason; and

Whereas walking encourages community spirit and safety:
Now, therefore, be it

1 *Resolved by the Senate and House of Representatives*
2 *of the United States of America in Congress assembled,*
3 That May 1, 1994, through May 7, 1994, is designated
4 as “National Walking Week”. The President is authorized
5 and requested to issue a proclamation calling upon the
6 people of the United States to observe the week with ap-
7 propriate ceremonies and activities.

Passed the Senate May 2, 1994.

Attest:

Secretary.