

109TH CONGRESS
2D SESSION

H. RES. 979

Urging the President to issue a proclamation designating a National Ski & Snowboard Month to call attention to the need for all people to exercise and get outdoors during winter.

IN THE HOUSE OF REPRESENTATIVES

JULY 28, 2006

Mr. UDALL of Colorado submitted the following resolution; which was referred to the Committee on Government Reform

RESOLUTION

Urging the President to issue a proclamation designating a National Ski & Snowboard Month to call attention to the need for all people to exercise and get outdoors during winter.

Whereas 3 out of 5 Americans are overweight and 59 million Americans are obese;

Whereas, in the past 10 years, obesity rates in the United States have increased by more than 60 percent;

Whereas, currently, there are 3 times as many overweight adolescents in the United States as there were 30 years ago;

Whereas 40 percent of adults in the United States do not participate in a physical activity during their leisure time;

Whereas, among children and adolescents, annual hospital costs related to obesity exceed \$127 million;

Whereas downhill skiing and snowboarding are great forms of exercise for all ages and offer health benefits such as muscle-toning and balance improvement;

Whereas downhill skiing and snowboarding are excellent ways to exercise during winter, a time of year when people tend to be less active;

Whereas downhill skiing and snowboarding give families a chance to exercise together and promote a healthy lifestyle;

Whereas downhill skiing and snowboarding allow people to connect with nature and renew the human spirit;

Whereas cross-country skiing and snowshoeing are two of the best aerobic activities and can burn up to 1,000 calories per hour depending on the intensity of exercise;

Whereas SnowSports Industries America, the National Ski Areas Association, the United States Ski & Snowboard Association, and the Cross Country Ski Areas Association are working with the President's Council on Physical Fitness and Sports and the United States Forest Service to encourage children and adults to earn a Presidential Active Lifestyle Award through participation in snow sports; and

Whereas January is an excellent month for downhill skiing, snowboarding, cross-country skiing, and snowshoeing, and would be an appropriate month to designate as National Ski & Snowboard Month: Now, therefore, be it

- 1 *Resolved*, That the House of Representatives urges
- 2 the President to issue a proclamation designating a Na-

- 1 tional Ski & Snowboard Month to call attention to the
- 2 need for all people to exercise and get outdoors during
- 3 winter.

