



SENATE JOINT RESOLUTION 03-005

BY SENATOR(S) Hillman, Anderson, Andrews, Arnold, Cairns, Chlouber, Dyer, Entz, Evans, Fitz-Gerald, Gordon, Grossman, Hagedorn, Hanna, Isgar, Johnson S., Jones, Keller, Kester, Linkhart, May R., McElhany, Nichol, Owen, Phillips, Reeves, Sandoval, Takis, Tapia, Taylor, Teck, Tupa, and Windels;  
also REPRESENTATIVE(S) White, Boyd, Brophy, Butcher, Clapp, Cloer, Decker, Frangas, Garcia, Groff, Hall, Hefley, Hodge, Hoppe, Jahn, Johnson R., Judd, King, Larson, Lundberg, Madden, McCluskey, Paccione, Rhodes, Romanoff, Rose, Salazar, Sinclair, Smith, Spence, Spradley, Stengel, Tochtrop, Veiga, Vigil, Williams S., Williams T., and Witwer.

CONCERNING COLORADO ON THE MOVE.

WHEREAS, The Friends of the Center for Human Nutrition, in partnership with the University of Colorado Health Sciences Center and the Colorado Department of Public Health and Environment are committed to continuously improving the health and quality of life that the citizens of Colorado so sincerely value; and

WHEREAS, Colorado on the Move was created as a statewide initiative to help Coloradans increase their physical activity in simple, measurable ways; and

WHEREAS, The Colorado on the Move initiative is an easy, achievable, and fun way for all Coloradans, from children to senior citizens, to take care of their bodies, to improve their quality of life, and to address the serious health concerns related to weight gain; and

WHEREAS, Walking just 2,000 steps more each day can help prevent a number of important health concerns and help stop the nine-tenths of a pound per-year average weight gain Coloradans have experienced in the last decade; and

WHEREAS, Adding this amount of daily moderate exercise promotes better health, higher energy, increased brainpower, and even happiness; and

WHEREAS, Moderate exercise can even help prevent serious health concerns such as obesity, diabetes, cancer, and heart disease; and

WHEREAS, Together we can increase our steps with the goal of reducing the prevalence of overweight individuals and obesity in our great state, keeping Colorado in first place as the leanest state in our nation; now, therefore,

*Be It Resolved by the Senate of the Sixty-fourth General Assembly of the State of Colorado, the House of Representatives concurring herein:*

(1) That we, the members of the Sixty-fourth General Assembly, value the health of the citizens of Colorado and the continuous improvement of the quality of the citizens' lives.

(2) That it is fitting that the members of the General Assembly participate in the Colorado on the Move initiative to serve as highly visible role models for the citizens of Colorado to be more physically active as measured by wearing step counters.

(3) That we, the members of the General Assembly, shall promote increased physical activity through changes in our everyday lives.

*Be It Further Resolved,* That copies of this Joint Resolution be sent to Governor Bill Owens, University of Colorado Health Sciences Center Chancellor James Shore, the University of Colorado Health Sciences

Center, and Acting Executive Director of the Department of Public Health and Environment Doug H. Benevento.

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John Andrews  
PRESIDENT OF  
THE SENATE

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Lola Spradley  
SPEAKER OF THE HOUSE  
OF REPRESENTATIVES

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Mona Heustis  
SECRETARY OF  
THE SENATE

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Judith Rodrigue  
CHIEF CLERK OF THE HOUSE  
OF REPRESENTATIVES