

City of Philadelphia



Council of the City of Philadelphia
Office of the Chief Clerk
Room 402, City Hall
Philadelphia

(Resolution No. 070803)

RESOLUTION

Proclaiming The Day of September 26th 2007 as “National Women’s Health & Fitness Day.”

The City Council of Philadelphia designates the Day of September 26th 2007 as “National Women’s Health & Fitness Day” in Philadelphia and encourages ALL women to take control of their health, learn the facts they need to make smart health choices and to make time for regular physical activity.

WHEREAS, National Women’s Health & Fitness Day is a public/private good health partnership organized by the Health Information Resource Center (HIRC)sm, a national clearinghouse for consumer health information professionals; and

WHEREAS, Women’s Health & Fitness Day is the nation’s largest annual health promotion event for women of all ages; and

WHEREAS, On Wednesday, September 26, 2007, hundreds of local organizations throughout the country hosted women’s health and fitness events at hospitals, health clubs, park and recreation districts, local health and service organizations, schools, retirement communities, houses of worship, senior centers, and other community locations; and

WHEREAS, The goal of this event is to encourage women to take control of their health: to learn the facts they need to make smart health choices, and to make time for regular physical activity; and

WHEREAS, This unique national program — with participation by local organizations throughout the U.S. — focuses attention on the importance of regular physical activity and health awareness for women; and

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WHEREAS, According to the American Heart Association (AHA), cardiovascular disease is the leading cause of death in women. The AHA also states that one in two women suffers from heart disease or stroke. The risk of heart disease, heart attack, and stroke can be reduced with regular physical activity of at least 30 minutes per day; and

WHEREAS, Instead of a coffee break at your desk, grab a co-worker and take a walk out side – “talk walk”; and

WHEREAS, As estimated 40,000 to 50,000 women were expected to participate in these local activities; now therefore

RESOLVED, BY THE COUNCIL OF THE CITY OF PHILADELPHIA, That the Day of September 26th 2007 shall be proclaimed as “National Women’s Health & Fitness Day” in Philadelphia and encourages ALL women to take control of their health, learn the facts they need to make smart health choices and to make time for regular physical activity.

FURTHER RESOLVED, That an Engrossed copy of this resolution be presented to Gwen Foster, Philadelphia’s Fitness Czar, as further evidencing the sincere admiration and gratitude of this legislative body.

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CERTIFICATION: This is a true and correct copy of the original Resolution, Adopted by the Council of the City of Philadelphia on the twenty-seventh of September, 2007.

Anna C. Verna
PRESIDENT OF THE COUNCIL

Patricia Rafferty
CHIEF CLERK OF THE COUNCIL

Introduced by: Councilmember Miller

Sponsored by: Councilmembers Miller, Reynolds Brown, Savage, Goode, Council President Verna, Councilmembers Blackwell, Rizzo, DiCicco, Greenlee, Ramos, Kenney, Krajewski, Tasco, Clarke, O'Neill, Campbell and Kelly