

HOUSE JOINT RESOLUTION

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1996 Regular Session
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By: Delegate Fry

Introduced and read first time: February 16, 1996

Assigned to: Environmental Matters

HOUSE JOINT RESOLUTION

1 A House Joint Resolution concerning

2 **Workplace Physical Fitness - Wellness Month**

3 FOR the purpose of calling on the Governor to designate October 1996 as Workplace
4 Physical Fitness - Wellness Month; and generally relating to the promotion of
5 physical fitness and wellness.

6 WHEREAS, Regular exercise improves the ability to perform on and off the job,
7 reduces stress, and enhances self-image; and

8 WHEREAS, A 3-year study by the Steelcase Company showed that medical
9 claims costs were 55% lower for participants in corporate fitness programs compared to
10 nonparticipants; and

11 WHEREAS, General Electric reduced health care costs for members of its fitness
12 program by 38% over 18 months while nonmember's health care costs rose 21%; and

13 WHEREAS, The Canadian Life Assurance Company reported that 47% of fitness
14 program participants were more alert, had better rapport with coworkers and supervisors,
15 and enjoyed work more than nonparticipants, that 63% of participants indicated that they
16 were more relaxed, more patient, and less tired during the work day, and that fitness
17 participants showed a 32.4% lower incidence of turnover over 7 years; and

18 WHEREAS, The Dallas, Texas Police Department reported a 29% decrease in
19 sick leave for fitness program participants while nonparticipants showed a 5% increase;
20 and

21 WHEREAS, The American Journal of Health Promotion reported that the Coors
22 Brewing Company saved \$1,400,000 over 6 years as a result of a corporate fitness
23 program, that General Mills experienced a 19% drop in absenteeism for fitness program
24 participants, and that DuPont showed a 14% reduction in absenteeism; and

25 WHEREAS, Tenneco found that participants in a wellness program are 13% less
26 likely to leave employment than nonparticipants and that better personnel were attracted
27 because of the wellness program; and

28 WHEREAS, Commercial Magazine reported that General Motors found that
29 fitness program participants had half as many job grievances, half as many on-the-job
30 accidents, and 40% less lost time; now, therefore, be it

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1 RESOLVED BY THE GENERAL ASSEMBLY OF MARYLAND, That the
2 Governor of Maryland is urged to designate October 1996 as "Workplace Physical Fitness
3 - Wellness Month"; and be it further

4 RESOLVED, That the Governor is authorized and requested to issue a
5 proclamation calling on the people of the State of Maryland to observe the month with
6 appropriate ceremonies and activities; and be it further

7 RESOLVED, That the General Assembly requests all of its employees and support
8 agencies, all State units, and all employers, schools, recreation centers, health
9 professionals, and other interested organizations, groups, and individuals to participate in
10 and promote physical fitness and wellness activities during the month and at other times;
11 and be it further

12 RESOLVED, That a copy of this Resolution be forwarded by the Department of
13 Legislative Reference to the Honorable Parris N. Glendening, Governor of Maryland; the
14 Honorable Thomas V. Mike Miller, Jr., President of the Senate of Maryland; and the
15 Honorable Casper R. Taylor, Jr., Speaker of the House of Delegates.