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**By: Delegate Fry**

Introduced and read first time: February 16, 1996

Assigned to: Environmental Matters

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Committee Report: Favorable with amendments

House action: Adopted

Read second time: March 12, 1996

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RESOLUTION NO.

HOUSE JOINT RESOLUTION \_\_\_\_\_

1 A House Joint Resolution concerning

2 **Workplace Health and Physical Fitness - Wellness Month**

3 FOR the purpose of calling on the Governor to designate October 1996 as Workplace

4 Health and Physical Fitness - Wellness Month; and generally relating to the

5 promotion of 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, Both scientific and subjective evidence indicate a positive correlation

9 between regular exercise and good nutrition and individual health status; and

10 WHEREAS, The Office of the U.S. Surgeon General has reported that regular

11 exercise has a favorable effect on weight loss, mood, incidence of heart disease,

12 progression of diabetes, and certain cancers; and

13 WHEREAS, The American Heart Association has recently identified physical

14 inactivity as a major controllable risk factor for heart disease; and

15 WHEREAS, Premature employee death costs the American industry \$20 billion

16 dollars a year; and

17 WHEREAS, A 3-year study by the Steelcase Company showed that medical

18 claims costs were 55% lower for participants in corporate fitness programs compared to

19 nonparticipants; and

20 WHEREAS, General Electric reduced health care costs for members of its fitness

21 program by 38% over 18 months while nonmember's health care costs rose 21%; and

22 WHEREAS, The Canadian Life Assurance Company reported that 47% of fitness

23 program participants were more alert, had better rapport with coworkers and supervisors,

24 and enjoyed work more than nonparticipants, that 63% of participants indicated that they

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1 were more relaxed, more patient, and less tired during the work day, and that fitness  
2 participants showed a 32.4% lower incidence of turnover over 7 years; and

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

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

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

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

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

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

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

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