

SENATE JOINT RESOLUTION

No. 83

STATE OF NEW JERSEY

220th LEGISLATURE

INTRODUCED MAY 12, 2022

Sponsored by:

Senator VIN GOPAL

District 11 (Monmouth)

Senator RICHARD J. CODEY

District 27 (Essex and Morris)

SYNOPSIS

Designates May of each year as “Let’s Move to a Healthier New Jersey Month.”

CURRENT VERSION OF TEXT

As introduced.



(Sponsorship Updated As Of: 2/2/2023)

1 **A JOINT RESOLUTION** designating May of each year as “Let’s
2 Move to a Healthier New Jersey” month.
3

4 **WHEREAS**, The fitness industry is an integral and essential component
5 of the health care continuum in New Jersey and the nation; and
6 **WHEREAS**, The fitness industry serves many sectors of the population
7 and addresses the wellness needs of all people, regardless of fitness
8 level, and helps improve the lives of people living with chronic
9 illness, behavioral health conditions, and other physical and mental
10 health issues; and
11 **WHEREAS**, With the rising concerns with mental illness, the fitness
12 industry understands its responsibility and the critical role it plays
13 in supporting all sectors of the population by showcasing the
14 extremely positive impact of exercise and nutrition for those
15 needing this support; and
16 **WHEREAS**, The fitness industry in New Jersey is committed to further
17 demonstrating to our communities its essential role in serving the
18 entire population of New Jersey, both in good times and during
19 more challenging periods; and
20 **WHEREAS**, Over the next five years, with the support of the New
21 Jersey State Legislature, the fitness industry will work to bring
22 fitness and wellness to underserved communities throughout the
23 State, ensuring that all New Jerseyans have the opportunity to
24 realize the benefits of moving and exercising every day; and
25 **WHEREAS**, The fitness industry will work tirelessly to have a seat at
26 the table when discussing health care and the overall health of the
27 population in New Jersey through the proposed establishment of a
28 Healthcare and Fitness Council; and
29 **WHEREAS**, The fitness industry in the future will demonstrate to all
30 that personal fitness providers are not a danger zone, but rather
31 constitute an essential industry that is equipped to meet the health
32 and wellness needs of every person in New Jersey; and
33 **WHEREAS**, Regular exercise is a proven means of reducing health care
34 costs, and the fitness industry is committed to bringing these
35 benefits to all sectors of the population; and
36 **WHEREAS**, The fitness industry will work with State and county
37 governments to attract a more diverse employee base by offering
38 employment opportunities to all individuals who desire a career in
39 health and wellness, as well as to create new fitness industry
40 employment opportunities to areas of the State where personal
41 fitness needs are currently underserved; and
42 **WHEREAS**, The fitness industry in New Jersey is committed to leave
43 no child or senior behind and develop health and wellness
44 opportunities that are scalable and can be shared by all sectors of
45 the fitness industry; and
46 **WHEREAS**, In May, the State of New Jersey recognizes, appreciates
47 and supports the essential and outstanding work of the fitness

1 industry and the important role it plays in making New Jersey the
2 healthiest state in the nation; now, therefore,

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4 **BE IT RESOLVED** *by the Senate and General Assembly of the*
5 *State of New Jersey:*

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7 1. a. May of each year is designated as “Let’s Move to a
8 Healthier New Jersey Month” in New Jersey, in recognition of the
9 physical and mental health benefits of exercise and fitness, and the
10 key role the fitness industry plays in bringing these fitness services
11 to all residents of this State.

12 b. The Governor is respectfully called upon to annually issue a
13 proclamation recognizing May of each year as “Let’s Move to a
14 Healthier New Jersey Month” and calling upon public officials and
15 the citizens of the State to commemorate the month with
16 appropriate programs and activities.

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18 2. This joint resolution shall take effect immediately.

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STATEMENT

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23 This joint resolution designates May of each year as “Let’s Move
24 to a Healthier New Jersey Month” in New Jersey, in recognition of
25 the physical and mental health benefits of exercise and fitness, and
26 the key role the fitness industry plays in bringing these fitness
27 services to all residents of this State. The resolution respectfully
28 calls on the Governor to annually issue a proclamation recognizing
29 the month and calling upon public officials and the citizens of the
30 State to commemorate the month with appropriate programs and
31 activities.