

American Legion Auxiliary
New Mexico Girls State
Memorial Instruction Sheet



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Memorial No: 72

Committee: Health 2

Status:

Passed by: Committee House Senate

Tabled by: Committee House Senate

Other: _____

Simple Title of Memorial: Physical Fitness Week

1 MEMORIAL
2 **70TH SESSION – AMERICAN LEGION AUXILIARY NEW MEXICO GIRLS STATE – 2017**

3 INTRODUCED BY

4

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6 A MEMORIAL

7 FULL TITLE: The purpose of Physical Fitness Week is to encourage
8 children of all ages to be more physically fit, exercise
9 regularly and eat healthy daily.

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11 WHEREAS, recent studies show that three out of four children ages
12 5 to 10 get less than one hour of physical activity daily which
13 goes to show having a Physical Fitness Week will inform students
14 of the dangers of not exercising daily and will increase the
15 amount of exercise that students will partake; and

16 WHEREAS, only 15% of the parents indicate overall physical health
17 is the top concern for their children which also indicates
18 parents and children alike need to be informed about the risks of
19 children not exercising 60 minutes daily; and

20 WHEREAS, 74% of parents say they choose to spend family time with
21 their children sitting in front of a TV set, parents need to know
22 and understand the detriments of children not exercising; and

23 WHEREAS, it does not only affect the physical aspects of a

1 person's body but also the mental aspect as well, this includes
2 low self-esteem, depression, stress, anxiety, isolation, and low
3 self-image; and

4 WHEREAS, Lack of exercise can also cause fatty deposits to
5 develop around a person's heart and in their arteries, fatty
6 deposits can also enter the valves and chambers of their heart,
7 which can lead to heart failure or a heart attack, this is can
8 all be caused from lack of exercise and non-healthy eating; and
9 WHEREAS, when a person's muscles are not exercised to their
10 full capacity, they begin to break down, not only does this cause
11 them to lose lean muscle mass, but it also causes fatty tissue to
12 develop around their muscles with regular exercise this can all
13 be prevented; and

14 WHEREAS, with the Physical Fitness Week being put into place, we
15 can decrease the leading cause of death in America, which is
16 heart disease by informing our future, which are children; and

17 WHEREAS, 33% of children ages 10-17 are obese or overweight which
18 goes to show children need to be knowledgeable about how being
19 obese can affect their health, having a Physical Fitness Week we
20 could decrease the number of obese children in New Mexico; and
21 WHEREAS, With the increasing availability of unhealthy foods and
22 convenience foods also came a rise in both adult and childhood
23 obesity. According to the Centers for Disease Control and
24 Prevention, 35.7 percent of adults and 17 percent of children are
25 obese, when children are made aware of this, they can correct
26 this problem and change their eating habits;

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29 NOW, THEREFORE, BE IT RESOLVED BY THE
30 LEGISLATURE OF THE AMERICAN LEGION AUXILIARY NEW MEXICO GIRLS STATE

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32 That if we input a Physical Fitness Week we can resolve the problem of obesity by informing
33 Students of the risks caused by not eating healthy, not exercising, and eating processed foods.
34 Multiple studies have shown not eating healthy and not exercising can cause an extreme
35 amount of detrimental health issues. Physical Fitness Week can and will decrease the
36 negative health issues caused by these things.

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39 BE IT FURTHER RESOLVED that the New Mexico Department of Health and The New
40 Mexico Department of Education enact this memorial systematically and effectively. They
41 also inform all the school districts of this new memorial and implement it into their
42 educational requirements.