Congressional Fitness Caucus
Commitment to Physical Activity

Recognizing the importance of physical activity and its many benefits for all Americans - personally, in the workforce, or in the community - I, as a Member of Congress, pledge to promote physical activity by:

- **Serving as a role model by engaging in regular physical activity to meet the national physical activity recommendations.**

- **Providing opportunities for regular physical activity within my Congressional offices.**

- **Promoting physical activity within my Congressional District.**

Signed By ______________________________

Congressional District __________________
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To Create a Healthier America: Through Business, Industry, Medicine, Government, Education and our Communities

Join the Cause to Get America Moving - Communities Will Follow Their Congressional Leader

Our country is in a healthcare crisis characterized by inactivity, obesity and diabetes. We are calling on our Congressional leaders to help lead change and make a stand to Get America Moving.

The plethora of data is alarming. Now, it’s up to Congress to play a leading role with the simplest strategy of all – get people physically active. Consider the following:

✓ More than one-third (34.9% or 78.6 million) of U.S. adults are obese, according to the CDC, with estimated annual costs $147 billion in 2008 U.S. dollars. Medical costs for people who are obese were $1,429 higher than those of normal weight, with middle-aged adults, Hispanic and African-American populations having the highest rates. More than 29 million Americans have diabetes, with sedentary lifestyles fueling rates higher.

✓ Biologically, data illustrate that employees cannot sustain the level of increasing stress in their lives. Depression ranks among the top three medical issues in the workplace, costing over $51 billion in absenteeism from work and lost productivity and $26 billion in direct treatment costs.

✓ People in the U.S. have become nonstop in how they lead their lives. The 24/7/365 lifestyle of constant demands has created cultural phenomena such as disengaged workforces, and a non-relational, ill-health society. Data demonstrate that over 50% of America’s workforce is disengaged.

✓ According to the American Academy of Pediatrics, academic achievement of America’s youth is strongly linked with their level of physical activity.
✓ Hundreds of CEOs recognize the role business plays and have signed the CEO Pledge for Physical Activity and have taken some simple steps to move the needle in a positive direction.

The impact needs to go beyond the workforce and extend into communities.

Congressional leaders have a responsibility and can play a critical role. They must serve as role models and leaders of change in our communities and country.

The human and economic costs of physical inactivity are unforgivable and unsustainable.

- **Increasing physical activity improves physical health, mental health, socio-economic health, environmental health.**

- **Optimizing physical activity is smart health policy.** It reduces the prevalence of heart disease, stroke, hypertension, diabetes, obesity, certain cancers, stress and depression disorders, Alzheimer’s disease and biological markers of aging.

- **Investing in physical activity is smart socio-economic and environmental policy.** Regular physical activity lowers healthcare costs, improves employee and company productivity and, and supports healthier communities. Active cities are safer and happier cities, bringing more development, investment and tax revenue.

- **Promoting physical activity is an opportunity equalizer.** It can serve as a change agent that optimizes academic performance, emotional resilience, social cohesion and individual empowerment.

**What can you do immediately?**

Lead and guide the way to get America Moving Again by signing a Commitment to Physical Activity. The commitment demonstrates that physical activity matters to you and to getting our families, employees and communities healthy and active. Organizations and communities will follow their leaders.