



HR0462

LRB096 12677 KXB 26282 r

1

HOUSE RESOLUTION

2

WHEREAS, The members of the Illinois House of Representatives are pleased to honor the Decatur Family YMCA on hosting National Senior Health Fitness Day on May 27, 2009; and

3

4

5

WHEREAS, Seniors across the country will join together to participate in the 16th Annual National Senior Health and Fitness Day, celebrating the benefits of physical activity, good nutrition, and mental wellness; and

6

7

8

9

WHEREAS, Studies have shown that older adults who develop and maintain a fitness program live longer, healthier lives; and

10

11

12

WHEREAS, In honor of National Senior Health and Fitness Day, the Decatur Family YMCA is hosting a National Senior Health and Fitness Day on Wednesday, May 27, 2009; seniors will come together to participate in fun, food, fellowship, exercise, and activities and celebrate their good health; and

13

14

15

16

17

WHEREAS, The Decatur Family YMCA has been in business for over 130 years with the mission to put Christian principles into practice through programs that build healthy spirit, mind, and body for all; and

18

19

20

1 WHEREAS, A complete day of events on Wednesday, May 27,
2 2009, including devotions, breakfast and lunch, yoga, water and
3 land exercises, a health fair, a speaker sharing about
4 Decatur's history, and bingo are planned; therefore, be it

5 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE
6 NINETY-SIXTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that we
7 honor the Decatur Family YMCA on bringing awareness to this
8 important event; and be it further

9 RESOLVED, That a suitable copy of this resolution be
10 presented to the Decatur Family YMCA as a symbol of our
11 respect.