



MINNESOTA YMCA YOUTH IN GOVERNMENT 2015 YOUTH CONFERENCE ON STATE ISSUES

COMMITTEE: PHYSICAL FITNESS

RESOLUTION

The General Assembly,

Deeply concerned that 26% of Minnesotans are classified as obese,

Acknowledging that accessibility to fitness resources are often not available to families and individuals due to income,

Recognizing that communities lack fitness programs and events,

Endorsing physical fitness and a healthy lifestyle,

Mindful that healthy citizens will reduce the cost of healthcare thus improving the financial state of Minnesota,

1. Instructs every municipal city to establish a parks and recreation board.
2. Directs the city to have a minimum of one free fitness event per week.
3. Encourages the city to increase the number of weekly events based on attendance.
4. Recommends that the recreation board utilizes experienced volunteers to instruct these events.
5. Calls upon the implementation of educational classes to inform on health issues and to further encourage the idea of a healthy lifestyle.
6. Declares that free health screenings will exist in conjunction to these health classes.
7. Authorizes that trained health professionals will be in charge of these screenings.
8. Emphasizes the necessity for participants to sign in at each event to collect information.
9. Designates every parks and recreation board to promote the free events, classes, and clinics through the use of advertisements how they choose.
10. Adopts such use of a concrete online schedule to be placed on a website to inform the city of events and classes being offered.



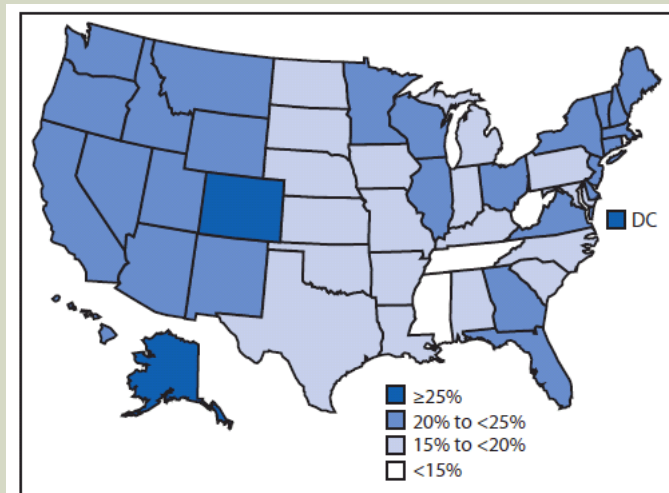
WHAT'S OUR ISSUE?

- Minnesotans aren't meeting exercise requirements in order to live healthy, happy lives because of lack of accessibility and the cost of gym and community center memberships.

WHY SHOULD WE BE WORRIED?

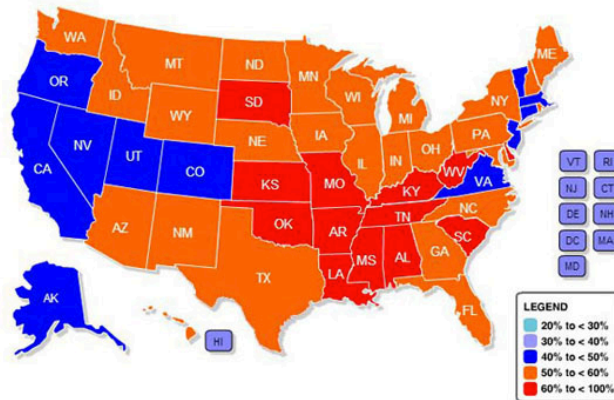
- People who aren't physically active are living shorter life spans than the generations before them and commonly dying before their parents.
- Obesity has become such an issue that it qualifies as a **NATIONWIDE EPIDEMIC!**

PERCENTAGE OF ADULTS WHO ARE MEETING PHYSICAL ACTIVITY REQUIREMENTS IN 2014



WHAT IF WE DON'T CHANGE OUR WAYS?

PROJECTED 2030 OBESITY RATES



HOW DO MINNESOTA COMMUNITIES CHANGE THIS?

- Creation of a parks and recreation board to oversee:
 - Free fitness events
 - Free educational classes
 - Free health screenings

FITNESS EVENTS

- At least once a week
- Communities create more exercise options for adults!
- Outdoor activities can create a more accessible, cost effective exercise option for all people.

EDUCATIONAL CLASSES

- At least once a month
- Class topics may include nutrition, mental health, healthy lifestyle choices, etc.
- Promotes awareness of different health topics and issues in MN

HEALTH SCREENINGS

- Provides incentive to go to the educational classes
- Tests for blood pressure, vision, hearing, blood sugar, etc.
- Helps prevent health issues
- Encourages more people to have regular check-ups

Activity- Jazzercise

