

# Congressional 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 State/Congressional District.

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Signed By

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State/Congressional District