

1           A RESOLUTION recognizing the value of student wellness and access to physical  
2 activity in schools.

3           WHEREAS, schools play a vital role in shaping students' attitudes toward wellness  
4 and encourage the formation of lifelong healthy habits; and

5           WHEREAS, many Kentucky students currently receive limited opportunities for  
6 daily movement during the school day, resulting in decreased focus, higher levels of  
7 stress, and increased behavioral challenges; and

8           WHEREAS, regular physical activity is proven to improve students' physical  
9 health, emotional well-being, cognitive performance, and overall academic success; and

10          WHEREAS, the Empowered by Movement initiative seeks to remove barriers to  
11 exercise by integrating consistent, supervised, and enjoyable physical activity into the  
12 school environment; and

13          WHEREAS, providing accessible physical activity opportunities throughout the  
14 school day supports healthier habits, improved attention spans, stronger social skills, and  
15 greater engagement in learning for all students, regardless of background, ability, or  
16 schedule; and

17          WHEREAS, implementing monthly field days provides students with fun, team-  
18 oriented, and developmentally beneficial physical activities that promote school spirit and  
19 community building; and

20          WHEREAS, allowing access to the school gym during key times, such as before the  
21 school day begins, after eating during the lunch period, and when students finish  
22 assignments early, empowers students to make positive choices, encourages responsible  
23 independence, and reinforces physical activity as a rewarding habit; and

24          WHEREAS, these proposed measures are feasible, low-cost, and adaptable to the  
25 unique needs of individual schools;

26          NOW, THEREFORE,

27          *Be it resolved by the Senate of the General Assembly of the Commonwealth of*

1 ***Kentucky:***

2       ➔Section 1. The Senate hereby recognizes the value of student wellness and  
3 access to physical activity in schools.

4       ➔Section 2. The Senate encourages the expansion of student access to exercise in  
5 schools through the Empowered by Movement initiative, which promotes lifelong  
6 wellness, enhances academic performance, and cultivates a school culture that recognizes  
7 physical activity as a fundamental component of student success.

8       ➔Section 3. The Senate recognizes Claire Yates for her advocacy for the  
9 Empowered by Movement initiative and her goal of improving health and wellness in  
10 younger generations in the Commonwealth of Kentucky.

11       ➔Section 4. The Clerk of the Senate is directed to transmit a copy of this  
12 Resolution to Senator Lindsey Tichenor.