

111TH CONGRESS  
2D SESSION

# H. RES. 1514

Expressing support for the designation of July 31, 2010, as National Dance Day.

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## IN THE HOUSE OF REPRESENTATIVES

JULY 13, 2010

Ms. NORTON submitted the following resolution; which was referred to the Committee on Energy and Commerce

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## RESOLUTION

Expressing support for the designation of July 31, 2010, as National Dance Day.

Whereas the many forms of dance expression represent the artistic, regional, and ethnic diversity of the United States;

Whereas dance forms in the United States span the spectrums from classical to popular and from ballet to tap, and include the many popular line and partner dances of today;

Whereas dancing is an activity that helps improve heart health, burns calories, strengthens muscles, and improves flexibility;

Whereas a renewed public interest in dancing as a physical fitness activity coincides with First Lady Michelle

Obama’s “Let’s Move!” initiative to combat childhood obesity;

Whereas obesity has been recognized as epidemic in the United States;

Whereas an estimated 31.8 percent of people in the United States aged 2 to 19, and an estimated 68 percent of people in the United States aged 20 and older, are overweight or obese;

Whereas childhood obesity in the United States has more than tripled in the past 30 years;

Whereas dancing, in all its variations, is a popular form of physical exercise;

Whereas Nigel Lythgoe, executive producer of, and judge on, the dance-themed television show “So You Think You Can Dance”, in association with the Dizzy Feet Foundation, will celebrate July 31, 2010, as National Dance Day in the Nation’s capital; and

Whereas July 31 would be an appropriate date on which to annually celebrate National Dance Day: Now, therefore, be it

1       *Resolved*, That the House of Representatives—

2               (1) supports the designation of National Dance  
3       Day as a way to show commitment to dance edu-  
4       cation and physical fitness across the United States;

5               (2) supports the goals of First Lady Michelle  
6       Obama’s initiative to combat childhood obesity; and

1           (3) acknowledges that promoting dance can  
2           make an important difference in encouraging phys-  
3           ical fitness.

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