

**BILL ANALYSIS**

Senate Research Center

S.C.R. 13  
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Administration  
3/6/2013  
As Filed

**AUTHOR'S / SPONSOR'S STATEMENT OF INTENT**

Walking is an easy and effective form of exercise and can play an important role in a daily health regimen of diet and exercise. Obesity has become a serious health problem in Texas and across the nation, partially due to a lack of exercise. If every person walked for at least 30 minutes each day, the savings in health care costs would be substantial.

The City of Canton in Van Zandt County is the home of First Monday Trade Days, an event which draws about 180,000 visitors to the city each month. The average person attending First Monday walks at least a mile and a half while browsing on the 350-acre grounds. City leaders have also established a monthly mayor's walk at Cherry Creek Park. People of all ages are encouraged to take part in this healthful activity.

The people of Canton have demonstrated initiative and foresight in taking the matter of public health into their own hands, and it is truly fitting that the city be recognized as the Walking Capital of Texas.

**RESOLVED**

That the 83rd Legislature of the State of Texas hereby declare the City of Canton to be the Walking Capital of Texas.

That a copy of this resolution be prepared in honor of the City of Canton.