

112TH CONGRESS  
1ST SESSION

# H. RES. 342

Expressing support for the designation of July 30, 2011, as National Dance Day.

---

## IN THE HOUSE OF REPRESENTATIVES

JULY 7, 2011

Ms. NORTON (for herself, Mr. BLUMENAUER, Mrs. CHRISTENSEN, Mr. FALEOMAVAEGA, Mr. FARR, Ms. FUDGE, Mr. GRIJALVA, Mr. HASTINGS of Florida, Ms. JACKSON LEE of Texas, Mr. LEWIS of Georgia, Mr. LOEBSACK, Mr. MCGOVERN, Mr. NADLER, Mrs. NAPOLITANO, Mr. PAYNE, Mr. RANGEL, Ms. RICHARDSON, Mr. SABLAN, Mr. SERRANO, Ms. SLAUGHTER, Ms. SPEIER, Ms. WILSON of Florida, and Mr. YOUNG of Alaska) submitted the following resolution; which was referred to the Committee on Energy and Commerce

---

## RESOLUTION

Expressing support for the designation of July 30, 2011,  
as National Dance Day.

Whereas the many forms of dance expression in the United States represent the Nation's rich artistic, regional, and ethnic diversity;

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

Whereas dancing is an activity that helps improve heart health, burn calories, strengthen muscles, and improve flexibility;

Whereas health officials have repeatedly documented an overweight and obesity epidemic in the United States;

Whereas an estimated 32 percent of children and teens in the United States ages 2 to 19, and an estimated 68 percent of adults in the United States ages 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 celebrity judge for, the dance-themed television show “So You Think You Can Dance”, in association with the Dizzy Feet Foundation and the Larry King Cardiac Foundation, will celebrate July 30, 2011, as National Dance Day in the Nation’s capital on the National Mall and throughout the United States; and

Whereas the last Saturday in July is 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 to celebrate our commitment to dance and
- 4       physical fitness across the United States; and

1           (2) acknowledges that promoting dance can  
2           make an important contribution to encouraging  
3           physical fitness and reducing overweight and obesity.

○