

Date of Hearing: May 11, 2026

ASSEMBLY COMMITTEE ON RULES  
Blanca Pacheco, Chair  
ACR 186 (Chen) – As Introduced April 28, 2026

**SUBJECT:** California Physical Fitness and Mental Well-Being Month.

**SUMMARY:** Declares May 2026 as California Physical Fitness and Mental Well-Being Month in conformity with National Physical Fitness and Sports Month. Specifically, **this resolution** makes the following legislative findings:

- 1) Regular physical activity offers substantial improvements in physical health and mental well-being for the majority of Californians, who are not receiving enough physical activity.
- 2) Nearly 25 percent of the state’s adults say they are not physically active, and over two-thirds of California’s children fail to meet the physical activity guidelines of engaging in at least one hour of physical activity every day, yet moderate physical activity can substantially reduce the risk of developing or dying from chronic illnesses and diseases.
- 3) Roughly 40 percent of California adults report having at least one of the five chronic and largely preventable conditions: high blood pressure, heart disease, diabetes, serious psychological distress, or asthma. Californians with chronic conditions report more days of poor health, which impacts a person’s mental well-being and productivity in school or at work.
- 4) For children, it is important to develop an active lifestyle in the early years of life since habits from early childhood through adolescence may influence habits in adulthood.
- 5) All forms of exercise directly produce significant mental health benefits and improved overall physical health and well-being.
- 6) The Legislature has the unique opportunity to educate the public about the benefits of safe physical activity and places to be active, promote the design of communities and use of spaces that support safe and convenient ways for people to be physically active, and promote equitable community programs and policies that make it safe and easy for people to walk, bike, or wheelchair roll and be physically active.

**FISCAL EFFECT:** This resolution is keyed non-fiscal by Legislative Counsel.

**REGISTERED SUPPORT / OPPOSITION:**

**Support**

None on file

**Opposition**

None on file

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