

## ASSEMBLY THIRD READING

ACR 186 (Chen)

As Introduced April 28, 2026

Majority vote

**SUMMARY**

Declares May 2026 as California Physical Fitness and Mental Well-Being Month in conformity with National Physical Fitness and Sports Month.

**Major Provisions**

- 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% 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% 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.

**COMMENTS****According to the Author**

ACR 186 recognizes the urgent need to address declining physical activity levels and their impact on both the physical and mental health of Californians. With rising rates of chronic diseases and mental health challenges, it is critical that we promote healthy lifestyles and increase public awareness of the benefits of regular exercise. This measure encourages more opportunities for all Californians to stay active and improve their overall well-being.

**Arguments in Support**

None on file

**Arguments in Opposition**

None on file

**FISCAL COMMENTS**

No fiscal impact. This resolution is keyed non-fiscal by Legislative Counsel.

**VOTES**

**ASM RULES: 9-0-1**

**YES:** Pacheco, Lackey, Ahrens, Dixon, Garcia, Mark González, Irwin, Sanchez, Zbur

**ABS, ABST OR NV:** Michelle Rodriguez

**UPDATED**

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