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THIRD READING

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Bill No: ACR 186  
Author: Chen (R), et al.  
Introduced: 4/28/26  
Vote: 21

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

**SOURCE:** Author

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**DIGEST:** This resolution declares the month of May 2026 as California Physical Fitness and Mental Well-Being Month.

**ANALYSIS:** 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% 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.
- 4) Mental health and physical health are closely connected, with the many well-established benefits of leading an active lifestyle including improved brain health and cognitive function, reduced risk of anxiety and depression, and improved sleep and overall quality of life.
- 5) 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.

This resolution recognizes the need to prioritize, preserve, and promote physical activity in public health policy to improve the physical fitness and mental well-being of all Californians.

### **Related/Prior Legislation**

ACR 69 (Berman, Resolution Chapter 98, Statutes of 2025)

**FISCAL EFFECT:** Appropriation: No Fiscal Com.: No Local: No

**SUPPORT:** (Verified 5/26/26)

None received

**OPPOSITION:** (Verified 5/26/26)

None received

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5/27/26 16:29:16

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