

State of New Jersey



THE SENATE AND GENERAL ASSEMBLY STATE HOUSE, TRENTON, N. J.

JOINT LEGISLATIVE RESOLUTION By Senator BARK and Assemblymen BODINE and CHATZIDAKIS

WHEREAS, The Senate and General Assembly of the State of New Jersey are pleased to note that April 24, 2004, marks the auspicious occasion of the celebration of World Tai Chi and QiGong Day throughout the globe and in the Garden State; and,

WHEREAS, The praiseworthy goals of World Tai Chi and QiGong Day are to make people aware of the profound implications that these fine arts have on personal, social, and world health and to promote and celebrate a healthier world; and,

WHEREAS, The practice of Tai Chi and QiGong promotes stress reduction, improves breathing capacity, lowers high blood pressure, boosts the immune system, slows the aging process, and improves balance and coordination; and,

WHEREAS, In addition, Tai Chi and QiGong are low-cost, quality health-care techniques that New Jersey citizens of all ages can enjoy in the recreational settings of our free parks; and,

WHEREAS, It is altogether proper and fitting for this Legislature to recognize World Tai Chi and QiGong Day as an important event in the Garden State; now, therefore,

Be It Resolved by the Senate and General Assembly of the State of New Jersey:

That this Legislature hereby notes April 24, 2004, as World Tai Chi and QiGong Day, and encourages all citizens of this State to pay fitting tribute to the practice of Tai Chi and QiGong; and,

Be It Further Resolved, That a duly authenticated copy of this resolution be signed by the Senate President and the Assembly Speaker and attested by the Senate Secretary and the Assembly Clerk.

Attest:



Ellen M. Davenport
Secretary of the Senate



Christine Riebe
Clerk of the General Assembly

Richard J. Codey
President of the Senate

Alan Harris
Speaker of the General Assembly