

116TH CONGRESS  
1ST SESSION

# S. 1608

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## AN ACT

To provide for the publication by the Secretary of Health and Human Services of physical activity recommendations for Americans.

1       *Be it enacted by the Senate and House of Representa-*  
2       *tives of the United States of America in Congress assembled,*

1 **SECTION 1. SHORT TITLE.**

2       This Act may be cited as the “Promoting Physical  
3 Activity for Americans Act”.

4 **SEC. 2. PHYSICAL ACTIVITY RECOMMENDATIONS FOR**  
5 **AMERICANS.**

6       (a) REPORTS.—

7           (1) IN GENERAL.—Not later than December 31,  
8 2028, and at least every 10 years thereafter, the  
9 Secretary of Health and Human Services (referred  
10 to in this section as the “Secretary”) shall publish  
11 a report that provides physical activity recommenda-  
12 tions for the people of the United States. Each such  
13 report shall contain physical activity information and  
14 recommendations for consideration and use by the  
15 general public, and shall be considered, as applicable  
16 and appropriate, by relevant Federal agencies in car-  
17 rying out relevant Federal health programs.

18           (2) BASIS OF RECOMMENDATIONS.—The infor-  
19 mation contained in each report required under  
20 paragraph (1) shall be based on the most current  
21 evidence-based scientific and medical knowledge at  
22 the time the report is prepared, and shall include ad-  
23 ditional recommendations for population subgroups,  
24 such as children or individuals with disabilities, in-  
25 cluding information regarding engagement in appro-  
26 priate physical activity and avoiding inactivity.

1           (3) UPDATE REPORTS.—Not later than 5 years  
2       after the publication of the first report under para-  
3       graph (1), and at least every 10 years thereafter, the  
4       Secretary shall publish an updated report detailing  
5       evidence-based practices and highlighting continuing  
6       issues with respect to physical activity. The contents  
7       of reports under this paragraph may focus on a par-  
8       ticular group, subsection, or other division of the  
9       general public or on a particular issue relating to  
10      physical activity.

11       (b) INTERACTION WITH OTHER RECOMMENDA-  
12      TIONS.—Federal agencies proposing to issue physical ac-  
13      tivity recommendations that differ from the recommenda-  
14      tions in the most recent report published under subsection  
15      (a)(1) shall, as applicable and appropriate, take into con-  
16      sideration the recommendations provided through reports  
17      issued under this Act.

18       (c) EXISTING AUTHORITY NOT AFFECTED.—This  
19      section is not intended to limit the support of biomedical  
20      research by any Federal agency or to limit the presen-  
21      tation or communication of scientific or medical findings  
22      or review of such findings by any Federal agency.

23       (d) LIMITATION.—Notwithstanding any other provi-  
24      sion of this Act, no physical fitness standard established

1 under this Act shall be binding on any individual as a mat-  
2 ter of Federal law or regulation.

Passed the Senate December 19, 2019.

Attest:

*Secretary.*



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