

City of Philadelphia



Council of the City of Philadelphia
Office of the Chief Clerk
Room 402, City Hall
Philadelphia

(Resolution No. 250258)

RESOLUTION

Honoring and recognizing women in the City of Philadelphia who are leading impactful initiatives in health, wellness, and fitness that empower, connect, and uplift women.

WHEREAS, Women's health and wellness are vital to overall community well-being, fostering improved physical, mental, and emotional health; and

WHEREAS, Studies conducted by the Centers for Disease Control and Prevention (CDC) have shown that regular physical activity reduces the risk of chronic illnesses such as heart disease, diabetes, and osteoporosis, while also improving mental health by reducing symptoms of anxiety and depression; and

WHEREAS, Creating inclusive spaces where women feel comfortable participating in fitness and health initiatives strengthens communities by encouraging self-confidence, empowerment, and connection; and

WHEREAS, Community organizations like Latinas in Motion, Philly Girls Who Walk, and Coach Zha Pilates Club play a pivotal role in ensuring women have access to inclusive fitness programs with cultural representation, promoting both physical and mental wellness; and

WHEREAS, Latinas in Motion has empowered women by creating a supportive community that promotes exercise, good nutrition, and self-care, directly addressing concerning health disparities that disproportionately affect Latina women; and

WHEREAS, Philly Girls Who Walk has fostered a safe, inclusive environment for women, and to connect through movement, explore new activities, and strengthen social bonds while prioritizing mental and physical well-being; and

WHEREAS, Coach Zha Pilates Club has broken barriers in the wellness industry by providing Black women a safe, inclusive space to embrace Pilates, build community, and access resources that promote healing, support, and representation; and

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WHEREAS, The City of Philadelphia recognizes the importance of promoting wellness programs, expanding access to fitness opportunities, and supporting educational initiatives that empower women to prioritize their health and well-being; now, therefore, be it

RESOLVED, BY THE COUNCIL OF THE CITY OF PHILADELPHIA, That the City recognizes and celebrates the contributions of Latinas in Motion, Philly Girls Who Walk, and Coach Zha Pilates Club for their dedication to creating and promoting opportunities for all women, regardless of background or socioeconomic status, to lead healthy, active, and empowered lives.

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CERTIFICATION: This is a true and correct copy of the original Resolution, Adopted by the Council of the City of Philadelphia on the twentieth day of March, 2025.

Kenyatta Johnson
PRESIDENT OF THE COUNCIL

Elizabeth McCollum
CHIEF CLERK OF THE COUNCIL

Introduced by: Councilmember Lozada

Sponsored by: Council President Johnson, Councilmembers Lozada, Phillips, Gilmore Richardson, Gauthier, Brooks, Harrity, O'Rourke, Driscoll, O'Neill, Squilla, Bass and Ahmad