

119TH CONGRESS  
1ST SESSION

# S. 2303

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

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IN THE SENATE OF THE UNITED STATES

JULY 16, 2025

Mr. WICKER (for himself and Mr. BLUMENTHAL) introduced the following bill; which was read twice and referred to the Committee on Health, Education, Labor, and Pensions

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## A BILL

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,*

3       **SECTION 1. SHORT TITLE.**

4       This Act may be cited as the “Promoting Physical  
5       Activity for Americans Act”.

6       **SEC. 2. PHYSICAL ACTIVITY RECOMMENDATIONS FOR**  
7       **AMERICANS.**

8       (a) REPORTS.—

1           (1) IN GENERAL.—Not later than December 31,  
2           2029, and at least every 10 years thereafter, the  
3           Secretary of Health and Human Services (referred  
4           to in this section as the “Secretary”) shall publish  
5           a report that provides physical activity recommenda-  
6           tions for the people of the United States. Each such  
7           report shall contain physical activity information and  
8           recommendations for consideration and use by the  
9           general public, and shall be considered, as applicable  
10          and appropriate, by relevant Federal agencies in car-  
11          rying out relevant Federal health programs.

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

21          (3) UPDATE REPORTS.—Not later than 5 years  
22          after the publication of the first report under para-  
23          graph (1), and at least every 10 years thereafter, the  
24          Secretary shall publish an updated report detailing  
25          evidence-based practices and highlighting continuing

1 issues with respect to physical activity. The contents  
 2 of reports under this paragraph may focus on a par-  
 3 ticular group, subsection, or other division of the  
 4 general public or on a particular issue relating to  
 5 physical activity.

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

13 (c) EXISTING AUTHORITY NOT AFFECTED.—This  
 14 section is not intended to limit the support of biomedical  
 15 research by any Federal agency or to limit the presen-  
 16 tation or communication of scientific or medical findings  
 17 or review of such findings by any Federal agency.

18 (d) LIMITATION.—Notwithstanding any other provi-  
 19 sion of this Act, no physical fitness standard established  
 20 under this Act shall be binding on any individual as a mat-  
 21 ter of Federal law or regulation.

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