

1 AN ACT concerning health.

2 **Be it enacted by the People of the State of Illinois,**  
3 **represented in the General Assembly:**

4 Section 1. Short title. This Act may be cited as the  
5 Eldercise Fitness Website Act.

6 Section 5. Findings. The General Assembly finds and  
7 declares all of the following:

8 (a) Chronic diseases are the leading cause of illness and  
9 disability among older Americans.

10 (b) Currently, chronic diseases, such as heart disease,  
11 stroke, cancer, diabetes, arthritis, and obesity account for 3  
12 out of 4 premature deaths in the United States.

13 (c) As the baby boomers grow older, the number of Americans  
14 aged 65 and older will double to 70 million and over the next  
15 30 years.

16 (d) Every senior can benefit from physical activity.  
17 One-third of men and half of women aged 75 and over engage in  
18 no leisure activity.

19 Section 10. Eldercise program.

20 (a) Subject to appropriation, the Department of Public  
21 Health and the Department on Aging, in cooperation with the  
22 Governor's Council on Physical Fitness, shall create an

1 Internet-based statewide fitness program to educate and  
2 involve older citizens and their families in physical  
3 activities, as well as stress the importance of proper  
4 nutrition.

5 (b) The goal of the program shall be to improve access to  
6 information about senior-friendly recreational facilities and  
7 activities and to promote activity policies and programs among  
8 individuals and communities.

9 Notwithstanding any other rulemaking authority that may  
10 exist, neither the Governor nor any agency or agency head under  
11 the jurisdiction of the Governor has any authority to make or  
12 promulgate rules to implement or enforce the provisions of this  
13 Act. If, however, the Governor believes that rules are  
14 necessary to implement or enforce the provisions of this Act,  
15 the Governor may suggest rules to the General Assembly by  
16 filing them with the Clerk of the House and the Secretary of  
17 the Senate and by requesting that the General Assembly  
18 authorize such rulemaking by law, enact those suggested rules  
19 into law, or take any other appropriate action in the General  
20 Assembly's discretion. Nothing contained in this Act shall be  
21 interpreted to grant rulemaking authority under any other  
22 Illinois statute where such authority is not otherwise  
23 explicitly given. For the purposes of this Act, "rules" is  
24 given the meaning contained in Section 1-70 of the Illinois  
25 Administrative Procedure Act, and "agency" and "agency head"  
26 are given the meanings contained in Sections 1-20 and 1-25 of

1 the Illinois Administrative Procedure Act to the extent that  
2 such definitions apply to agencies or agency heads under the  
3 jurisdiction of the Governor.