

119TH CONGRESS
1ST SESSION

H. R. 6121

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

IN THE HOUSE OF REPRESENTATIVES

NOVEMBER 19, 2025

Mr. MOORE of Utah (for himself and Mr. PANETTA) introduced the following
bill; which was referred to the Committee on Energy and Commerce

A BILL

To provide for the publication by the Secretary of Health
and Human Services of physical activity recommenda-
tions 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.—

9 (1) IN GENERAL.—Not later than December 31,
10 2029, and at least every 10 years thereafter, the

1 Secretary of Health and Human Services (referred
2 to in this section as the “Secretary”) shall publish
3 a report that provides physical activity recommenda-
4 tions for the people of the United States. Each such
5 report shall contain physical activity information and
6 recommendations for consideration and use by the
7 general public, and shall be considered, as applicable
8 and appropriate, by relevant Federal agencies in car-
9 rying out relevant Federal health programs.

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

19 (3) UPDATE REPORTS.—Not later than 5 years
20 after the publication of the first report under para-
21 graph (1), and at least every 10 years thereafter, the
22 Secretary shall publish an updated report detailing
23 evidence-based practices and highlighting continuing
24 issues with respect to physical activity. The contents
25 of reports under this paragraph may focus on a par-

1 ticular group, subsection, or other division of the
2 general public or on a particular issue relating to
3 physical activity.

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

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

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

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