

Chairman Lipps, Vice Chair Holmes, Ranking Member Russo, and Members of the House Health Committee, thank you for the opportunity to provide proponent testimony on House Bill 248.

My name is Roger Bowman and I am certified personal trainer, weight management specialist and health coach having worked within the health and fitness space for the last 20 years assisting thousands of clients in their efforts to look and feel their best.

The reason I support House Bill 248 is because I believe in having freedom of choice when it comes to our bodies, what we choose to put in them (or not) and how to take care of bodies and health in the way we individually see fit.

I see this as no different than having the choice to eat garden grown, clean healthy foods along with exercising and taking ownership of our bodies, health and immune systems OR... choosing to be sedentary, smoke cigarettes, drink booze and gorge one's self daily with unhealthy food choices that discourage a healthy immune system and body.

It seems as though government has encouraged the latter these past 15 months and now is proposing that we discriminate against those that choose the former. It feels like so much only makes sense if it makes cent\$ for drug companies.

The proof and statistics clearly show that support of pharmaceutical companies does NOT always support what is best for all individuals at large. The long track record of pharmaceutical company lawsuits and proven negligence speaks volumes as to that statement and it's validity.

When it comes to our bodies, health and wellness; One size never fits all. Trying to force such a false thought is just plain wrong. Its like saying everyone is okay to eat peanuts even if you have nut allergies and everyone should take chemotherapy drugs, even if you don't have cancer.

Although I don't agree with those who choose to smoke cigarettes, drink booze and gorge themselves daily with unhealthy food choices and excessive caloric intake that by far has and continues to contribute to being the biggest burdens on the health care system and death tolls - I believe choosing to indulge in these things are the rights that every American should have.

Nobody is forcing healthy eating. Nobody is mandating exercise or physical activity - even when the science and evidence clearly shows numerous benefits to our health, immune systems and so much more by doing so.

And again to be clear, I do not believe exercise and healthy eating should be mandatory. I simply believe we should all have the freedom to choose for ourselves as to what we want to do with our bodies. Nobody is suppressing liquor stores, banning tobacco companies and putting extra taxes on unhealthy fast food chains... Not that I think there should be, simply making a point as to the hypocrisy.

There has been a lot of attention and support given to ending discrimination against gender, race, sexual preference and more in recent history. In fact, it's pride month here in support of LGBTQ community in June as we speak.

But now, we are going to propose discriminating against those like myself and all my clients, fellow colleagues and other health advocating patriots?

It would be criminal and de-humanizing to punish those who have always lived a healthy lifestyle with an emphasis on learning and implementing healthy eating, exercise and lifestyle habits to support a thriving immune system, be of NO burden to the health care system and be more physically fit to contribute more effectively than most do in society with the least number of sick days and medical leave than others, no?

I'm not sure how anyone with a sound mind and conscious could support such a thing.

Given all this, I just find it ironic that here we are looking to discriminate, punish, restrict the rights of and publicly shun those that do want to be guinea pigs for new vaccines that were rushed to the market by companies who have a gross criminal record with BILLIONS in fines from multiple lawsuits won against them for negligently and knowingly harming the public.

Again; for those that feel this vaccine is the best choice for them - I support their decision to choose for themselves. I am not against vaccines - at all, let that be clear. I believe they have their place for many populations and the benefits far outweigh the risks for many. However; I simply know without a doubt, I do not need an experimental vaccine from companies that have been found guilty of harming others and also have zero liability here. I not only have an immune system, but a very strong one that I nourish and take care of to optimize it's strength and performance.

I personally have already been naturally inoculated back in August of 2020 when I came down with covid-19 and I am still testing positive for antibodies till this day.

I think it is worth noting that I was barely phased by it and I've had colds that affected me much worse. My body had an immune system that responded extremely well and would again and again, even better and faster than the first time, should I come across covid-19 again. Suggesting our body is not capable of fighting off pathogens is NOT based off science or sound thinking - at all.

Trying to force the thought that everyone needs an experimental vaccine is no different than saying everyone needs pharmaceutical drugs to be healthy. To an educated mind that is literate in the field of health and wellness, this is ludicrous and a dangerous proposal that is more than a slippery slop for mankind and our future well-being.

I ask you to NOT discriminate nor punish those who exercise their right of health freedom and the choice to do what they feel is best for their body and health as it revolves around vaccines

and the idea of forcing them on anyone or implementing punishment of any kind onto those that choose not to.

Thank you once again for this opportunity to provide testimony on the need for and urgency of House Bill 248.

Sincerely,

Roger Bowman