



June 2nd

**National
Health**

**Fitness
Day**



Re: National Health & Fitness Day

Hello,

I am contacting you today in the hopes that your community will join the 298 communities across Canada which have proclaimed the first Saturday in June, National Health and Fitness Day (NHFD).

The goal of NHFD is to make Canada the Fittest Nation on Earth! We understand that to accomplish this goal we need the grassroots support of municipalities such as your own.

National Health and Fitness Day was formalized into law after the passing of Bill S-211 in 2014.

To keep the initiative as locally-driven as possible, we encourage communities to pass a proclamation recognizing the first Saturday in June, National Health and Fitness Day, and to offer health and fitness programming on the day. Some communities mark the day by opening their recreational facilities for free to the public, whereas others mark the day by organizing 'fun-runs' or similar low-cost activities.

Given the rising crisis of inactivity Canada, we believe that initiatives such as this are a key step in helping to build healthier and more active communities.

A draft proclamation for your Council can be found below this letter. For more information feel free to contact me, or visit our website: www.NHFDcan.ca

If there's a more appropriate member of your community for this letter to be addressed to, it would be greatly appreciated if you could forward the letter to them.

I would like to thank you for your time, and I look forward to hearing back from you.
Sincerely,

Justin Bergamini
Administrative Support Assistant

Office of Senator Nancy Greene Raine

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Draft resolution to proclaim:

NATIONAL HEALTH AND FITNESS DAY

WHEREAS:

- the Parliament of Canada wishes to increase awareness among Canadians of the significant benefits of physical activity and to encourage Canadians to increase their level of physical activity and their participation in recreational sports and fitness activities;
- it is in Canada's interest to improve the health of all Canadians and to reduce the burden of illness on Canadian families and on the Canadian health care system;
- many local governments in Canada have public facilities to promote the health and fitness of their citizens;
- the Government of Canada wishes to encourage local governments to facilitate Canadian's participation in healthy physical activities;
- the Government of Canada wishes to encourage the country's local governments, non-government organizations, the private sector and all Canadians to recognize the first Saturday in June as National Health and Fitness Day and to mark the day with local events and initiatives celebrating and promoting the importance and use of local health, recreational, sports and fitness facilities;
- Canada's mountains, oceans, lakes, forest, parks and wilderness also offer recreational and fitness opportunities;
- Canadian Environment Week is observed throughout the country in early June, and walking and cycling are great ways to reduce vehicle pollution and improve physical fitness;
- declaring the first Saturday in June to be National Health and Fitness Day will further encourage Canadians to participate in physical activities and contribute to their own health and well-being;

THEREFORE:

We proclaim National Health & Fitness Day in our municipality/district /regional district as the first Saturday in June;

(Optional) As a step to increase participation and enhance the health of all Canadians, we commit to mark the day with local events and initiatives celebrating and promoting the importance and use of local health, recreational, sports, and fitness facilities on National Health and Fitness Day.