



PROCLAMATION

National Health and Fitness Day

June 1, 2024

WHEREAS the Parliament of Canada wishes to increase awareness among Canadians of 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; and

WHEREAS it is in Canada's interest to improve the health of all Canadians and to reduce the burden of illness of Canadian families and on the Canadian health care system; and

WHEREAS many local governments in Canada have public facilities to promote the health and fitness of their citizens; and

WHEREAS the Government of Canada wishes to encourage local governments to facilitate Canadian's participation in healthy physical activities; and

WHEREAS 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 important and use of local health, recreational, sports and fitness facilities; and

WHEREAS Canada's mountains, oceans, lakes, forest, parks and wilderness also offer recreational and fitness opportunities; and

WHEREAS 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; and

WHEREAS 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;

NOW THEREFORE

I, Allen Courtoreille, Mayor of the District of Chetwynd, do hereby proclaim and recognize, **Saturday, June 1, 2024** as "**National Health and Fitness Day**" in the District of Chetwynd.


Mayor Allen Courtoreille