

PROCLAMATION
NATIONAL HEALTH AND FITNESS DAY
June, 2019

WHEREAS:

- the Government of Canada wishes to encourage local governments to facilitate Canadian's participation in healthy physical activities to improve the health of all Canadians and to reduce the burden of illness on Canadian families and on the Canadian health care system;

WHEREAS:

- many local governments in Canada have public facilities to promote the health and fitness of their citizens;
- 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
- As a City surrounded by forests, lakes, ponds, trails, and parks, St. John's is a city that can offer residents ample outdoor recreational and fitness opportunities;
- The City of St. John's is working to improve the health and wellness of residents with our focus on Health in our Envision Plan, our Draft Bike Master Plan, and supporting a Healthy City Strategy;
- declaring the first Saturday in June to be National Health and Fitness Day will further encourage residents of St. John's to participate in physical activities and contribute to their own health and well-being;

THEREFORE:

We proclaim National Health & Fitness Day in St. John's as the first Saturday in June. As a step to increase participation and enhance the health of everyone in St. John's, 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.

Dated this 27th day of May, 2019.

Danny Breen, Mayor



CANADIAN KINESIOLOGY ALLIANCE
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