



PROCLAMATION National Health and Fitness Day June 6, 2026

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; and

WHEREAS, it is in Canada's interest to improve the health of all Canadians and to reduce the burden of illness on Canadian families and the Canadian healthcare 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 Canadians' 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 initiatives celebrating and promoting the importance 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 Saturday, June 6th, 2026, to be National Health and Fitness Day