



**PROCLAMATION**  
**NATIONAL HEALTH AND FITNESS DAY**  
**JUNE 1, 2024**

**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 1<sup>st</sup>, 2024, 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** I, Nancy Dicks, Mayor do hereby proclaim June 1, 2024, as "National Health & Fitness Day" in the Town of New Glasgow.

Mayor Nancy Dicks