



PROCLAMATION

“NATIONAL HEALTH & FITNESS DAY”

WHEREAS Canada by nature offers abundant recreational and fitness opportunities through such amenities as our mountain, oceans, lakes, forests and parks; and

WHEREAS we as Canadians could therefore be the healthiest and fittest people on earth; and

WHEREAS participation rates in healthy physical activities have been declining; and

WHEREAS we have public facilities and natural resources to promote health, fitness and active lifestyles; and

WHEREAS Canadians recognize the growing concern over chronic disease and other impediments to health and fitness; and

WHEREAS health fitness and active lifestyles ought to be promoted for Canadians for all ages and abilities; and

WHEREAS we all aspire to increase participation by Canadians in health, recreational sports and fitness activities;

NOW THEREFORE we, the Squamish-Lillooet Regional District Board, hereby proclaim the first Saturday in June (June 1, 2013) as:

“National Health & Fitness Day”

As a step to increase participation, enhance the health of all Canadians and promote healthy, active lifestyles, we encourage our constituents to undertake an active, healthy activity on National Health & Fitness day.

We request that the Federation of Canadian Municipalities support National Health & Fitness Day and encourage its members to follow suit; and

We request that the member municipalities in the Squamish-Lillooet Regional District support National Health & Fitness Day.

A handwritten signature in black ink, appearing to read "Heintzman". The signature is fluid and cursive, with a large initial "H".

Patricia Heintzman
Board Chair
Squamish-Lillooet Regional District