

## PROCLAMATION



### National Health and Fitness Day

June 7, 2014

**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 7, 2014) 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.*

Patricia Heintzman  
Board Chair, Squamish-Lillooet Regional District