



## *Proclamation*

### **National Health & Fitness Day June 1, 2013**

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

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

Participation rates in healthy physical activities have been declining;

We have public facilities to promote health and fitness;

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

Health and fitness ought to be promoted for Canadians of all ages and abilities;

The first week of June is Environment Week in Canada, walking and cycling are great ways to reduce vehicle pollution and encourage physical fitness; and

We all aspire to increase participation by Canadians health, recreational sports and fitness activities;

THEREFORE, BE IT RESOLVED THAT, I, Mayor Mike Savage, on behalf of Halifax Regional Council, do hereby proclaim, June 1, 2013 as National Health & Fitness Day in HRM.

Dated at Halifax, Nova Scotia  
this 1<sup>st</sup> day of June, 2013



original signed

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Mike Savage  
Mayor