



## Proclamation

### National Health & Fitness Day June 6, 2015

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;

It is in Canada's interest to improve the health of all Canadians and to reduce the burden of illness on Canadian families and on the Canadian health care system;

Many local governments in Canada have public facilities to promote the health and fitness to their citizens;

Canadian Environment Week is observed throughout the country in early June. Walking and cycling are great ways to reduce vehicle pollution and improve physical fitness;

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

Declaring the first Saturday in June to be National Health and Fitness Day will further encourage Canadians to participate in physical activities and contribute to their health and well-being;

THEREFORE, BE IT RESOLVED THAT, I, Mayor Mike Savage, on behalf of Halifax Regional Council, do hereby proclaim, June 6, 2015 as National Health & Fitness Day in the Halifax Regional Municipality.

Dated at Halifax, Nova Scotia  
this 6<sup>th</sup> day of June, 2014



Original Signed

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Mike Savage  
Mayor