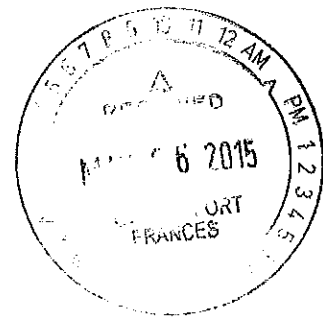




May 6, 2015

Rainy River  
320 Portage Ave Fort Frances, ON P9A 1A5

Dear Mayor and Council,



Re: National Health & Fitness Day

On behalf of the Heart and Stroke Foundation, I write to ask that your Council pass a resolution in support of this new national day to enhance the health and fitness of your constituents and all Canadians. I enclose a draft resolution that can be adapted or used by Council to commit to a national program that unites you with other local governments in the promotion of increased participation in physical activities in communities across Canada.

Councils that have endorsed the concept have taken different approaches. Some have simply proclaimed the day (the first Saturday in June) to raise awareness of the importance of increasing physical activity; others have marked the day with local events and initiatives celebrating and promoting the importance and use of local health, recreational, sports and fitness facilities, in order to boost participation in healthy physical activity. Endorsement of the concept should ultimately drive up participation rates and help promote our common interest in encouraging Canadians to live healthier lifestyles.

If you support the National Health and Fitness day, please send a copy of your resolution to the office of MP John Weston, who is monitoring the results from Coast to Coast and who has introduced the *National Health & Fitness Day* Private Member's Bill. Please also send a copy to Nadia Formigoni, Senior Project Specialist, Advocacy at the Heart and Stroke Foundation at [nformigoni@hsf.on.ca](mailto:nformigoni@hsf.on.ca).

Thank you in anticipation of your Council helping to promote health and fitness in Canada.

With best regards,

A handwritten signature in black ink, appearing to read "Mark Holland".

Mark Holland  
Executive Director, Ontario Mission and National Director, Children and Youth  
Heart and Stroke Foundation

Enclosures: Draft resolution

Draft resolution for proclamation:

National Health and Fitness Day

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 of their citizens;
- the Government of Canada wishes to encourage local governments to facilitate Canadian's participation in healthy physical activities;
- 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 local events and initiatives celebrating and promoting the importance and use of local health, recreational, sports and fitness facilities;
- Canada's mountains, oceans, lakes, forest, parks and wilderness also offer recreational and fitness opportunities;
- 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;
- 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 own health and well-being;

Therefore:

We proclaim National Health & Fitness Day in our municipality/district /regional district as the first Saturday in June;

(Optional) As a step to increase participation and enhance the health of all Canadians, we commit to mark the day with local events and initiatives celebrating and promoting the importance and use of local health, recreational, sports, and fitness facilities on National Health and Fitness Day.