



June 2nd
is
National
Health
&
Fitness
Day



Re: National Health & Fitness Day

Hello,

I am contacting you today in the hopes that your community will join the 298 communities across Canada which have proclaimed the first Saturday in June, National Health and Fitness Day (NHFD).

The goal of NHFD is to make Canada the Fittest Nation on Earth! We understand that to accomplish this goal we need the grassroots support of municipalities such as your own.

National Health and Fitness Day was formalized into law after the passing of [Bill S-211](#) in 2014.

To keep the initiative as locally-driven as possible, we encourage communities to pass a proclamation recognizing the first Saturday in June, National Health and Fitness Day, and to offer health and fitness programming on the day. Some communities mark the day by opening their recreational facilities for free to the public, whereas others mark the day by organizing 'fun-runs' or similar low-cost activities.

Given the rising crisis of inactivity Canada, we believe that initiatives such as this are a key step in helping to build healthier and more active communities.

A draft proclamation for your Council can be found below this letter. For more information feel free to contact me, or visit our website: www.NHFDcan.ca

If there's a more appropriate member of your community for this letter to be addressed to, it would be greatly appreciated if you could forward the letter to them.

I would like to thank you for your time, and I look forward to hearing back from you.

Sincerely,

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