



## **PROCLAMATION**

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

***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 to promote health and fitness;*

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

***AND WHEREAS** health and fitness ought to be promoted for Canadians of all ages and abilities;*

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

***AND WHEREAS** we all aspire to increase participation by Canadians in health, recreational sports and fitness activities;*

***THEREFORE BE IT RESOLVED THAT** Council of the RM of Shell River hereby proclaim*

### ***National Health & Fitness Day***

*in our municipality as the first Saturday in June.*

*Albert Nabe, Reeve*