



# Proclamation

## NATIONAL HEALTH AND FITNESS DAY June 2, 2018

*Whereas:* Prince George offers abundant recreational and fitness opportunities through our proximity to diverse landscapes, parks and many and varied public facilities; and

*Whereas:* increased rates of physical activity across all demographics has positive impacts on population wellness, reducing the burden of illness on families and the health care system; and

*Whereas:* it is in the interest of Canada to improve the health of all citizens - National Health and Fitness Day is an initiative to promote health and fitness for all Canadians; and

*Whereas:* May 28 - June 3, 2018 is Bike to Work and School Week in British Columbia, and cycling is a great way to reduce vehicle pollution and encourage physical fitness; and

*Whereas:* we all aspire to increase participation in Canadians in health, recreational sports and fitness activities.

Now therefore, as Mayor of the City of Prince George, I proclaim  
**June 2, 2018** as: **"NATIONAL HEALTH AND FITNESS DAY"**  
in the City of Prince George.

Lyn Hall, Mayor