



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;

WHEREAS 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;

WHEREAS the Government of Canada wishes to encourage the country's local governments, nongovernment 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;

WHEREAS Canada's mountains, oceans, lakes, forest, parks and wilderness also offer recreational and fitness opportunities;

WHEREAS 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;

WHEREAS 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; and

WHEREAS the Town of Okotoks has proclaimed that "Town of Okotoks National Health and Fitness Day" will be celebrated on an annual basis on the first Saturday in June.

THEREFORE Members of Okotoks Town Council, do hereby proclaim June 6, 2026 as National Health and Fitness Day in the Town of Okotoks.

Dated this 25th day of May 2026.

Original Signed
