

NATIONAL HEALTH AND FITNESS DAY

June 1, 2019

- 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:** Walking and cycling are great ways to reduce vehicle pollution and encourage physical fitness; and
- WHEREAS:** We all aspire to increase participation by Canadians in health, recreational sports and fitness activities.

THEREFORE BE IT RESOLVED:

That His Worship Mayor Rob Keffer and Members of Council proclaim June 1, 2019 as NATIONAL HEALTH AND FITNESS DAY in the Town of Bradford West Gwillimbury.

PLEASE JOIN US FOR FREE COMMUNITY FITNESS CLASSES

See next page for details

PLEASE JOIN US IN CELEBRATING NATIONAL HEALTH AND FITNESS DAY WITH A FREE FITNESS CLASS

The BWG Leisure Centre will be offering FREE fitness classes on Saturday, June 1, to celebrate National Health and Fitness Day:

- 8:00-8:45 a.m. – Bootcamp (age 13+)
- 9:00-10:00 a.m. – Yoga (age 13+) - please bring your own yoga mat if you have one.
- 10:15-11:00 a.m. – Zumba (age 6+)

Classes take place on the lawn on the west side of the BWG Library and Cultural Centre at 425 Holland St. W.

Rain location: 2nd floor studio at the Leisure Centre.