

## NATIONAL HEALTH AND FITNESS DAY

**June 6, 2020**

- 
- 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 a wide variety of virtual programming available 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 6, 2020 as NATIONAL HEALTH AND FITNESS DAY in the Town of Bradford West Gwillimbury.

**PLEASE JOIN US FOR VIRTUAL FITNESS CLASSES**

See next page for details

## PLEASE JOIN US IN CELEBRATING NATIONAL HEALTH AND FITNESS DAY WITH VIRTUAL FITNESS CLASSES

This year, NHFD will be celebrated online with a variety of virtual classes you can participate in.

Your favourite BWG fitness instructors have created a full morning of classes for you to join – right from the comfort of your own home!

While we can't be together in person, they are still bringing the same energy, creativity and fitness online with four fun themed classes to choose from. Participate in one, or participate in all!

### **9:00 am-9:45 am - HIIT the Bell**

Welcome & Warm up  
Robert – H.I.I.T  
Helen – Kettlebell

### **10:00 am-10:30 am - Full Body Fuel**

Alex – Lower Body & Cardio  
Victoria – Upper Body & Core

### **10:45 am-11:15 am - Dancing Queens**

Ioana - Kelani Dance  
Patsi - Zumba Gold

### **11:30 am-12:15 pm - Warrior Trio**

Anita – Stretch  
Penny – Core  
Daniella – Yoga

### **12:15 pm-12:20 pm**

Wrap up & messages from the FitFam

For more information and registration details, please visit:

[www.bwgleisurecentre.ca/RecandParksMonth](http://www.bwgleisurecentre.ca/RecandParksMonth)

For more virtual events from across the country, visit: [www.nhfdcan.ca/national-events](http://www.nhfdcan.ca/national-events)