
From: Brouwer, Andrew
Sent: March-08-16 9:39 AM
To: Moor, Linda
Subject: FW: National Health and Fitness Day

Can you please add to CoW agenda?

From: McIvor, Marilyn [<mailto:Marilyn.McIvor@sen.parl.gc.ca>]
Sent: March 6, 2016 2:06 AM
To: Mayor Van Bynen
Cc: Alleslev, Leona - Assistant 1 :HoC
Subject: FW: National Health and Fitness Day

Hello Newmarket and thank you for your interest in National Health and Fitness Day,

I write to ask that your Council pass a resolution in support of this new national day to enhance the health and fitness of your constituents and all Canadians. I have pasted below this note a draft resolution that can be adapted or used by Council to commit to a national program that unites you with other local governments in the promotion of increased participation in physical activity in communities across Canada. I have also pasted a draft press release for your adaptation and use, if so desired.

Councils that have endorsed the concept have taken different approaches. Some have simply proclaimed the day (the first Saturday in June) to raise awareness of the importance of increasing physical activity; others have marked the day with local events and initiatives celebrating and promoting the importance and use of local health, recreational, sports and fitness facilities, in order to boost participation in healthy physical activity. Endorsement of the concept should ultimately drive up participation rates and help promote our common interest in encouraging Canadians to live healthier lifestyles.

If you support National Health and Fitness day, please send a copy of your resolution to the office of Senator Nancy Greene Raine, who is monitoring the results from Coast to Coast.

Thank you in anticipation of your Council helping to promote health and fitness in Canada.

With best regards,

Marilyn McIvor, MN
National Health and Fitness Day Project Coordinator in the offices of
Senator Nancy Greene Raine
613 402 5154
@NHFDcan
www.nhfd.ca

Draft resolution to proclaim:

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;
- 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;
- the Government of Canada wishes to encourage local governments to facilitate Canadian's participation in healthy physical activities;
- the Government of Canada wishes to encourage the country's local governments, non-government 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;
- Canada's mountains, oceans, lakes, forest, parks and wilderness also offer recreational and fitness opportunities;
- 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;
- 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;

THEREFORE:

We proclaim National Health & Fitness Day in our municipality/district /regional district as the first Saturday in June;

(Optional) As a step to increase participation and enhance the health of all Canadians, we commit to mark the day with local events and initiatives celebrating and promoting the importance and use of local health, recreational, sports, and fitness facilities on National Health and Fitness Day.

Draft Press Release Template for MP package 2016

For Immediate Release:

Support for National Health & Fitness Day 2016 Announced

MP for ____ (*insert name of constituency*) ____, ____ (*insert name of MP*) ____ yesterday announced that he/she and the Mayor and Council of ____ (*insert name of community*) ____ are working together to promote health and fitness in the community of ____ (*insert name of community*) ____ ____ (*insert names of athletic facilities*) ____ will be highlighted as vehicles to increase physical participation and an opportunity for leadership of local governments in improving Canadian's health. (*Describe how this will occur locally*).

This project is part of a larger national movement designed as one response to related factors:

- alarming rates of childhood obesity;
- the resultant diabetes, cardiovascular problems, and other chronic diseases;
- opportunities to increase utilization of recreational facilities in Canada.

(Insert quote from the Mayor here):

"

Bill S-211: *An Act to establish a national day to promote health and fitness for all Canadians* was recently passed by the House of Parliament and proclaimed as law. Introduced by Senator Nancy Greene-Raine, it is a catalyst to increase the number of proclaiming cities and towns from the current 244 to the goal of 500.

From: Alleslev, Leona - Assistant 1 [<mailto:Leona.Alleslev.A1@parl.gc.ca>]
Sent: Monday, February 29, 2016 12:20 PM
To: McIvor, Marilyn
Cc: mayor@newmarket.ca; gdawe@aurora.ca
Subject: National Health and Fitness Day - new communities interested

Hello Marilyn,

As promised, Ms. Alleslev had an opportunity to speak in person to a couple of the mayors from York Region when they were in Ottawa this past week. She encouraged both of them to declare June 4, 2016 as National Health and Fitness Day in their communities. Mayor Geoffrey Dawe of Aurora and Mayor Tony Van Bynen of Newmarket would be pleased to receive more information from Senator Greene Raine's office, being enthusiastic about the idea. Their emails are above and you are invited to contact them directly.

Best wishes for your continued events in Ottawa's. Ms. Alleslev enjoyed her swim last Thursday.

Laurel

Laurel V. King, B.A., CFP

Executive Assistant / Adjointe Exécutive

Office of Leona Alleslev

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From: Caldwell, Dorothy [<mailto:Dorothy.Caldwell@sen.parl.gc.ca>] **On Behalf Of** Raine, Nancy
Sent: February 18, 2016 12:32 PM
To: - SEN C SENATORS AND ASSISTANTS /SÉNATEURS ET ASSISTANTS :Sen; - SEN IND :Sen; - SEN LIBERAL