**National Health and Fitness Day Story**

For Use in Newsletters / E-Blasts / Community Newspapers, etc…

***What are you doing on June 1st?***

***Join us on National Health and Fitness Day and Get Up, Get Out, and Get Active!***

Canadians across the country are surrounded by a natural physical landscape that begs us to be active. Be it hiking, swimming, skiing, canoeing or cycling – the opportunities for physical activity are endless! However, despite the possibilities provided by our natural playground, we are facing a physical activity crisis in Canada. Less than 5% of children and 15% of adults are meeting the recommendations in the [Canadian Physical Activity Guidelines](http://www.csep.ca/english/view.asp?x=949).

“National Health and Fitness Day is a great way to encourage Canadians to get off the couch and get active,” said Senator Nancy Greene Raine. “Physical activity is an essential part of a healthy lifestyle and an important factor in reducing the burden on our health care system. I truly believe that Canada can be the Fittest Nation on Earth, and National Health and Fitness Day is an important step to making that a reality.”

After years of working with MPs, local community groups and national health promotion organizations to review ways to improve health and fitness in Canada, Greene Raine saw the passage of Bill S-211, **the National Health and Fitness Day Act,** in December 2014.

The unanimous passage of the Bill creates a strong impetus towards bringing communities together on the first Saturday in June every year to highlight the importance of Health and Fitness in Canada. The passing of the Act proclaims our national commitment to health and physical fitness and takes us one important step closer to becoming the Fittest Nation on Earth!

Hundreds of municipalities across the country from east to west to north have proclaimed the day and are planning to celebrate by hosting activities, promoting the use of local health, recreation, sports and fitness facilities, as well as simply encouraging people to Get Up, Get Out and Get Active!

In [your event city], [your organization] will be hosting [the title of your event] encouraging residents to get active by [your event details, i.e.: try riding a bicycle for the first time OR set a world record for most people skipping rope at one time].

Visit http://[your url] to browse a list of other local events happening in the community.

*Note: Include a photo if you can.*

- 30 -