



PRIME MINISTER · PREMIER MINISTRE

National Health and Fitness Day

It is with great pleasure that I welcome you to National Health and Fitness Day, hosted by the National Health and Fitness Foundation.

For 10 years, the National Health and Fitness Foundation have taken steps to increase the amount of physical exercise done by Canadians. With the support of several parliamentarians over the years, many marquee events have been witnessed on Parliament Hill to promote an active lifestyle. I am confident that we will all come away from today's event with a deeper appreciation for healthy living, and with a better understanding of those who share a passion for health and fitness.



Thank you to the organizers of this amazing event and to everyone in attendance for supporting the National Health and Fitness Foundation. Together, I believe that we can all work towards making Canada the "Fittest Nation on Earth".

Please accept my warmest welcome and best wishes for a memorable day!

A handwritten signature in blue ink, which appears to be "Justin Trudeau".

Ottawa
2017