



NEWS RELEASE – FOR IMMEDIATE RELEASE

National Health and Fitness Day: Works towards making Canada the fittest nation on earth

(Ottawa, June 3rd, 2017) Today marks National Health and Fitness Day (NHFD), a national grassroots initiative that works towards making Canada the fittest nation on earth. NHFD works towards its goal by encouraging communities across the country to offer health and fitness related programming to their citizens on the first Saturday in June.

In December of 2014, the National Health and Fitness Day Act, Bill S-211, became law in Canada – an initiative that was led by Olympic champion, Senator Nancy Greene Raine, and former MP John Weston. Since its inception, National Health and Fitness Day has continued to grow – with over 270 communities across the country proclaiming the day.

Communities mark the day in a variety of ways, from offering discounted access to their local recreation centres, to organizing outdoor obstacle courses and yoga classes. There are many ways a community can mark the day – what’s important is that they get their citizens active. The hope is that by offering health and fitness programming the first Saturday in June, communities will inspire their citizens to adopt a healthy lifestyle.

Senator Nancy Greene Raine was in Ottawa for National Health and Fitness Day – where she participated in a fun run/walk beginning at Parliament Hill, along with municipal officials and members of the general public.

Quotes:

"National Health and Fitness Day is not about any federal policy or program – it is about grassroots community engagement and taking personal responsibility for your physical fitness and health. By working together, I am confident we can achieve the goal of making Canada the fittest nation on earth."

- Senator Nancy Greene Raine, BC

"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'."

- Prime Minister Justin Trudeau

Quick Facts:

- Only seven per cent of children and fifteen per cent of adults achieve the recommended 150 minutes of moderate to vigorous physical activity per week. (www.NHFDcan.ca – ‘Community Tool Kit’ – Fact Sheet)
- Currently, adults are spending about 9.5 hours a day being sedentary, and children and youth are spending 8.5 hours a day being sedentary. (www.NHFDcan.ca – ‘Community Tool Kit’ – Fact Sheet)
- The total health care cost related to inactivity in Canada is \$6.8 Billion. (<https://www.ncbi.nlm.nih.gov/pubmed/22667697>)

Associated Links:

www.NHFDcan.ca



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