

## **National Health and Fitness Day Activity Ideas for Municipalities and Organizations**

National Health and Fitness Day is an initiative to make Canada the Fittest Nation on Earth! The first Saturday in June provides an opportunity for municipalities to mark the day with local events to celebrate and promote the use of local health, recreational, sports and fitness facilities. Let's inspire Canadians to become fitter and more active!

### ***How Fit is your Community?***

Looking for some ways to celebrate National Health and Fitness Day in your community? Consider some of these ideas:

1. Encourage community recreation centres to waive the fees on National Health and Fitness Day.
2. Offer family-friendly swim programming – all-ages aqua fit, intro to water polo, etc...
3. Organize and host events in local parks – a scavenger hunt, nature walk, etc...
4. Organize community soccer and baseball games for all ages and abilities.
5. Encourage families to visit their local parks and playgrounds.
6. Encourage local sports and recreational groups to offer information sessions, or “try it” days.
7. Plan community fun fairs and use local parks to host multi-sport events for kids.
8. Botanical societies can plan a local, neighbourhood garden tour.
9. Take your classes outside – yoga, Zumba and cross fit can all be done in the park!
10. Spread the word! Help us engage all Canadians in National Health and Fitness Day. Download the NHFD poster. Spread the word on Facebook and Twitter. #NHFDcan #FittestNation