



# 2019 Move For Health Day

## Declaration For Mayors And Local Politicians

WHEREAS the World Health Organization has selected Move for Health Day to be observed around the globe on May 10, every year; and

WHEREAS physical activity affects the lives of all people in Canada and around the world; and

WHEREAS compelling scientific evidence has demonstrated that physical activity plays a key role in promoting optimal health and development in children and youth and in preventing disease, disability and premature death in everyone; and

WHEREAS two-thirds of Canadians are not active enough to benefit their health; and

WHEREAS there is virtually no human condition that cannot be improved by increased physical activity; and

WHEREAS physical activity builds and maintains a healthy body and promotes well-being and decreases feelings of anxiety and depression; and

WHEREAS Canada's Physical Activity Guide recommends that everyone accumulate 30 to 60 minutes of moderate physical activity most, or preferably all, days of the week; and

WHEREAS Move for Health Day provides an opportunity to focus local, national and international attention on the necessity and benefits of physical activity; and

WHEREAS federal and provincial/territorial governments have recognized that physical inactivity is a major health concern in Canada, and that individual, community, national and global collaboration is essential to educating and raising awareness of physical activity hence promoting: Move for Health Day;

NOW THEREFORE, BE IT PROCLAIMED that I, \_\_\_\_\_ (Mayor, Councillor) of \_\_\_\_\_, do hereby declare that \_\_\_\_\_ (city, municipality, community) will observe Move for Health Day May 10, every year. I urge all citizens to take part in activities and observances designed to increase awareness and understanding of the importance of physical activity, and to join local, national and global efforts to improve accessibility to physical activity for all our citizens.

