

October 3, 2012

Mr. John Weston
Member of Parliament
Room 770, Promenade Building
Ottawa, Ontario
K1A 0A4

Dear Mr. Weston:

On behalf of the Canadian Medical Association (CMA) and its 76,000 members, I am writing to express our support for your Private Member's Bill C-443, *An Act to establish a National Health and Fitness Day*. We commend you for introducing this initiative, which we understand is already in effect in municipalities within your riding. Physicians, who see the consequences of unhealthy eating and physical inactivity regularly in their practices, are anxious to work with others on initiatives to promote increased activity and healthy weights.

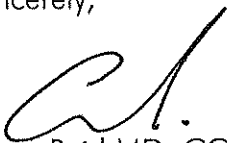
You may be aware of the CMA policy on *Promoting Physical Activity and Healthy Weights* and that Bill C-443 echoes recommendations in which the CMA:

- o calls on communities to create environments that encourage healthy and active living and on federal, provincial and territorial governments to support them in this endeavour, and;
- o urges all levels of government to commit to a strategy for increasing the physical activity levels of all Canadians, with the target of a 10% increase in each province and territory within 10 years.

Further, Bill C-443 would also help in the fight against the obesity epidemic caused by factors such as the rise in the number of Canadians with sedentary jobs; longer commuting times; and the fact that the average Canadian child now spends about 14 hours per week in front of the television, not to mention the time spent on video games and the computer.

A 'National Health and Fitness Day' as you propose in your Private Members' Bill could inspire and encourage Canadians to take a proactive step toward improving their health. We all have a role to play in the health of Canadians, and by introducing Bill C-443, you have taken a significant step that we hope will inspire your colleagues to ensure its success.

Sincerely,



Anna Reid MD, CCFP-EM
President