Fitness Industry Council of Canada (FIC) is the association representing the voice of the commercial fitness industry across Canada with over 5,000 facilities and over 4 million members nationwide. FIC aims to work with both industry and government to improve the health and physical activity levels of Canadians through the promotion of initiatives such as National Health and Fitness Day (NHFD).

FIC has arranged for fitness facilities to be highlighted as vehicles for increasing physical activity for NHFD. On the first Saturday of June each year, fitness facilities across Canada will be waiving their drop-in fees for the public. Members of clubs are encouraged to bring friends and family for a workout free of charge. Many individual clubs have supported this event, as well as a number of chains including Fitness Unlimited (BC), World Health (AB), Motion Fitness (SK), and many more. National clubs including Goodlife Fitness and participating Curves will also be supporting NHFD.

“We hope that this promotion in our Canadian fitness clubs will assist in providing a large public support for this bill to pass. This is a great way to start getting more Canadians, more active, more often,” says FIC’s President, David Hardy. “As the association representing the Canadian fitness industry, this is an excellent initiative to promote fitness and physical activity.”

“We have strong support from individual clubs across the country registering for NHFD on [Gympass.ca](http://www.gympass.ca/). It’s great to have the Canadian fitness industry come together to support something we all believe in – the promotion of a healthy lifestyle.” says FIC’s Association Manager, Trisha Sarker.

By visiting [Gympass.ca](http://www.gympass.ca/), Canadians are able to see a list of locations which will be open free of charge on