



Canadian Society of Internal Medicine Société canadienne de médecine interne

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January 30, 2013

Mr. John Weston, Member of Parliament
770 Promenade Building
House of Commons
Ottawa, ON K1A 0A6

john.weston.p9@parl.gc.ca

Dear Mr. Weston:

RE: SUPPORT OF BILL C-443

In light of the health benefits of physical activity, and the generally low levels of physical activity, the Canadian Society of Internal Medicine (CSIM) supports your Private Member's Bill C-443, *An Act to Establish a National Health and Fitness Day*.

The CSIM has been increasingly active in supporting policies that reduce chronic disease risk factors. Bill C-443 designates a national health and fitness day and encourages local governments to make their community facilities available to Canadians at a reduced rate or free of charge. Promoting increased participation in physical activity by a growing sedentary population will help us advance our mission to promote the health and well-being of Canadians, their communities, and their health care systems.

We commend your vision and leadership in this initiative. A Canada wide physical activity day will create positive traditions, which can serve as a platform to increase the physical activity and health of Canadians for generations to come.

Sincerely,

Bert Govig MD, MPH, FRCPC
Vice President, CSIM Health Promotion

Maria Bacchus MD, FRCPC
CSIM President

"...promoting the health and well being of Canadian patients, their communities, and their health care systems."

