



HEART &[™]
STROKE
FOUNDATION

November 16, 2012

John Weston, MP
770 Promenade Building
House of Commons
Ottawa, ON K1A 0A6

Dear Mr. Weston,

I am writing to you to express the Heart and Stroke Foundation's support for introducing Bill C-443, *An Act to Establish a National Health and Fitness Day*.

By marking the first Saturday in June as National Health and Fitness Day in Canada, this legislation will help more Canadians discover the benefits of exercising. Working closely with the fitness industry to reduce or waive admission fees on that day will give more Canadians the motivation they may need to take control of their health.

As you know, the Heart and Stroke Foundation is a major catalyst for building health awareness and encouraging Canadians to reduce their risk of heart disease and stroke through physical activity, healthy eating and being tobacco-free. The passage of this bill will help us advance our mission. It is especially encouraging that you have been able to get all party support for this legislation in the House of Commons and that the fitness industry across Canada is in support as well.

Again, thank you for taking this initiative to improve the lives of Canadians. We look forward to working with you and other Parliamentarians as we seek to improve the heart-health and quality of life of all Canadians.

Sincerely,

A handwritten signature in black ink, appearing to read "Bobbe Wood".

Bobbe Wood,
President