



CITY OF  
FORT SASKATCHEWAN

## PROCLAMATION

### PHYSICAL LITERACY MONTH

**WHEREAS**, physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life, and;

**WHEREAS**, the Fort Saskatchewan Public Library and Families First Society aim to raise awareness about the importance and many benefits of physical literacy, and;

**WHEREAS**, Fort Saskatchewan residents can pick up a Passport to Keep Fit and Have Fun from the Library and other key locations throughout the Fort and participate in five physical activities during the month of February, and;

**WHEREAS**, physical activity helps your brain, body, and spirit; reduces stress; and overall, aids in a healthy life and community;

**NOW THEREFORE**, I, Gale Katchur as Mayor of the City of Fort Saskatchewan and on behalf of City Council, hereby proclaim February, 2019, as Physical Literacy Month in Fort Saskatchewan and urge all residents to stay fit and be active.

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**Mayor Gale Katchur**

February 4, 2019