



# 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 The City of Fort Saskatchewan aim to raise awareness about the importance and many benefits of physical literacy; and

**WHEREAS**, Fort Saskatchewan residents can participate in free Physical Literacy programs and activities at the Library during the month of February; and

**WHEREAS**, physical activity helps your brain, body, and spirit, reduces stress, and aids in an overall 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, 2024, as **Physical Literacy Month** in Fort Saskatchewan and urge all residents to get fit and be active.

**Mayor Gale Katchur**

February 7, 2024