



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, throughout February, Fort Saskatchewan residents can participate in a variety of free Physical Literacy programs and activities that promote physical literacy; and

WHEREAS, physical activity helps your brain, body, and spirit, reduces stress, and contributes to 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, 2025, as **Physical Literacy Month** in Fort Saskatchewan and urge all residents to get fit and be active.

Mayor Gale Katchur

February 5, 2025