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To: Mayor and Council

Company: City of Richmond

Fax: 604.278.5139 Attention: Mayor Brodie c/o David Weber

Date: April 2, 2002 No. of pages: 1 (including cover)

0150-30-HEAL

Dear Mayor and Council,

The World Health Organization has declared Sunday, April 7, 2002 **World Health Day 2002**. The theme this year is **Move for Health**. The slogan highlights the importance of physical activity and a healthy lifestyle. We commend the City of Richmond for their proclamation in support of this important issue.

I would like to request an opportunity to speak to Council at the April 8 meeting to share news of the events taking place in your community and our efforts to increase physical activity and, thus, improve health in Richmond. We feel our message is very important in view of the positive impact physical activity has on individual and community health.

According to Statistics Canada 49 % of adults in British Columbia aged 25 to 44 are inactive and 47% of those 45 to 64 years of age are inactive. According to the World Health Organization, less than one third of children are physically active enough to benefit their present and future well-being. The World Health Organization attributes approximately 2 million deaths per year to physical inactivity.

As a trusted organization of committed volunteers and staff, the **Heart and Stroke Foundation of BC & Yukon** will increase heart health and reduce the burden of heart disease and stroke for the people of BC and Yukon. The Heart and Stroke Foundation of BC & Yukon provides many activities to promote physical activity and improved health. *Jump Rope for Heart* and *Hoops for Heart* have been successfully implemented in schools for many years. *Fit for Heart* has been a popular corporate and community program for over 20 years. *Big Bike for Stroke* (at Ironwood mall on May 9, 10 and 11) and our *Mother Daughter Walk* combine teamwork, fun and fitness. Our *Hearts in Motion* Walking Club members will be participating in a province-wide challenge to be physically active each day of the week leading up to World Health Day and to continue being active and to lead a healthy lifestyle.

We are confident that by working together we will achieve a healthier future for all in our community. We look forward to sharing this important message with yourself and Council at the upcoming meeting.

With heartfelt appreciation for your efforts to improve the health in our community,

Diane Gillis

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