



OFFICE OF THE MAYOR

WHEREAS: Healthy living and regular exercise are fundamental pillars of overall well-being, contributing to physical, mental, and emotional health across all stages of life.

WHEREAS: Engaging in active living helps prevent chronic diseases, enhances mental and emotional health, and fosters a sense of community; and

WHEREAS: Fostering a culture of physical activity in our City encourages camaraderie and mutual support. This shared commitment to health and well-being creates opportunities for our residents to come together and connect.

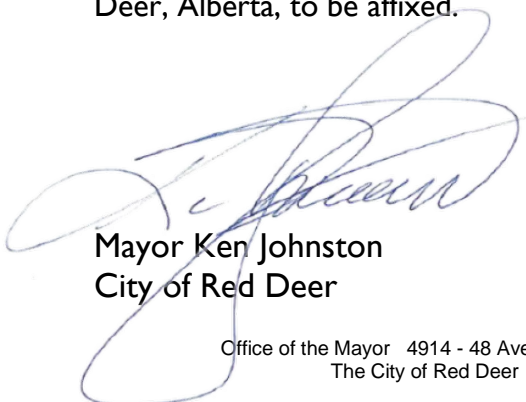
WHEREAS: The Year of Active Living aims to inspire individuals to embrace physical activity as a fundamental part of their daily lives, cultivating habits that promote long-term health and vitality;

WHEREAS: The City of Red Deer is fortunate to have a diverse park and 110 kilometres of trail system, offering numerous opportunities for both residents and visitors of all ages to engage in physical activity and enjoy nature. From neighbourhood green spaces and pathways to the exceptional Waskasoo Park system, the space to stretch your legs, walk the dog or fly a kite is never far away.

NOW THEREFORE,

I, Ken Johnston, Mayor of the City of Red Deer, hereby proclaim 2025 as the Year of Active Living. I encourage all citizens to take the first step toward a healthier future by incorporating physical activity into their routine. Let us work together to build stronger, more resilient communities, fostering wellness, connection and vitality for all.

IN WITNESS WHEREOF, I have set my hand and caused the Official Seal of The City of Red Deer, Alberta, to be affixed.



Mayor Ken Johnston
City of Red Deer

