



PROVINCE OF MANITOBA

# PROCLAMATION

## WINTER WALKING DAY

### Second Saturday in February

WHEREAS walking is a free form of physical activity that allows you to get out and explore your neighbourhood while discovering nature's wonders; and

WHEREAS in Manitoba, we have an array of open space, trails and parks providing countless recreation and active living opportunities for Manitobans and tourists from around the world; and

WHEREAS physical activity is important for health, well-being and quality of life; and

WHEREAS stepping out for a walk is a great way to be physically active, increase energy and refresh the mind; and

WHEREAS walking provides an enjoyable time for sharing and socializing with family and friends; and

WHEREAS being active outdoors and enjoying the fresh Manitoba air is beneficial to your body, mind and soul; and

WHEREAS the winter season in Manitoba makes it tempting to hibernate indoors rather than bundle up and head out into the fresh air for a walk; and

WHEREAS to stay warm you should bundle up with layers of clothing and cover your head, hands, neck and feet.

THEREFORE be it resolved that I, Jim Rondeau, Minister of Healthy Living, Seniors and Consumer Affairs for the province of Manitoba, do hereby proclaim that the second Saturday in February shall be known as:

## WINTER WALKING DAY

inviting all **Manitobans** to get outdoors this day and experience the benefits of being active during the winter months for improving personal health.

A handwritten signature in black ink, appearing to read "Jim Rondeau".

Minister of Healthy Living,  
Youth and Seniors