



Nova Scotia

Proclamation

Make Your Move Day

WHEREAS *The Healthy Tomorrow Foundation's Make Your Move campaign aims to contribute to a cultural shift in which simple movement is valued, prioritized and increased in Nova Scotia; and*

WHEREAS *The Make Your Move campaign emphasizes simple types of movement, such as standing, walking and dancing, and outdoor activities like gardening, unstructured play and cycling, which makes movement accessible and will help build understanding that when we move even a little more, we improve our overall wellness and we feel better; and*

WHEREAS *Nova Scotians are invited to celebrate Make Your Move Day on May 9 by intentionally moving more that day and every day that follows.*

THEREFORE I, Tim Houston, Premier of Nova Scotia, do hereby proclaim May 9, 2023, to be "Make Your Move Day" in the Province of Nova Scotia and encourage all citizens, organizations and communities to pledge their support to establishing a culture of movement in Nova Scotia.



A handwritten signature in blue ink that reads "Tim Houston".

Honourable Tim Houston, M.L.A.
Premier of Nova Scotia

Signed at Halifax, Nova Scotia