

# **MEDIA ADVISORY**

## **Parliamentarians to Meet with Order of Canada Recipient John Stanton in Support of our Nation's Health**

*Running Expert Rendez-Vous with Fitness Advocates...*

**Ottawa, ON – March 25, 2014** - On Thursday March 27<sup>th</sup>, Parliamentarians of all parties will gather to focus on running as a way to help all Canadians become more physically active. Senator Nancy Greene Raine (Canada's Female Athlete of the 20<sup>th</sup> Century), MP John Weston (West Vancouver – Sunshine Coast – Sea to Sky Country), MP Kirsty Duncan (Etobicoke North), and MP Peter Stoffer (Sakville – Eastern Shore) will co-host a reception with John Stanton, best-selling author of 10 books on running and walking and founder and CEO of the Running Room, to promote “National Health and Fitness Day” taking place the first week in June.

“Our collective work is built on the principles of getting Canadians active, moving around, and healthy again. We are grateful to the Running Room's Phil Marsh for his five years of coaching Parliamentarians in the Parliamentary Fitness Initiative”, said MP Weston.

“National Health and Fitness Day is the perfect way to bring Canadian cities and by extension Canadians on board for a healthier life. I'm delighted to have an opportunity to meet with Parliamentarians of all fitness levels to increase awareness and inspire others to support this call to fitness”, said John Stanton.

**What: John Stanton Reception**

**When: March 27<sup>th</sup>, 2014**

**Where: Room 256S, Centre Block, Parliament Hill, Ottawa, Ontario**

**Time: 1:00-1:45pm**

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For interviews or comments from John Stanton, please contact:

Media Contact:

Deirdre Rowland

C Me Communications

778-888-9974 Cell

media@cmepublicity.com

**For additional information or comment from MP Weston, please contact:**

Jessica Faddegon, **Parliamentary Assistant**

Office of John Weston, MP for West Vancouver - Sunshine Coast - Sea to Sky  
Country

T:613.947.4617      JohnwestonMP

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## **BACKGROUND**

The Parliamentary Fitness Initiative and National Health and Fitness Day both seek to raise awareness of the need for Canadians, of all backgrounds, to be active, healthy, and engaged in an active lifestyle. National Health and Fitness Day is about engaging all towns and cities in Canada to proclaim the first Saturday in June as National Health and Fitness Day.

The goal of National Health & Fitness Day is to make Canada the fittest nation on earth step by step. The initiative is designed as a cohesive response to our alarming rates of childhood obesity and the resultant diabetes, heart and other chronic diseases.

The Parliamentary Fitness Initiative is designed to promote MPs and Senators as role models for all Canadians to get in shape or stay fit. The Initiative includes a weekly walk/run and swim when Parliament is in session

[www.john.weston.ca](http://www.john.weston.ca)

[www.runningroom.com](http://www.runningroom.com)