



Republic of the Philippines
QUEZON CITY COUNCIL
Quezon City
21st City Council

PR21CC-461

59th Regular Session

RESOLUTION NO. SP- **8486**, S-2021

A RESOLUTION URGING THE DEPARTMENT OF EDUCATION AND SCHOOL DIVISION OF QUEZON CITY TO ENSURE THAT STUDENTS ENGAGES IN AT LEAST SIXTY (60) MINUTES OF PHYSICAL ACTIVITIES PER DAY IN SCHOOL IN ORDER TO IMPROVE HEALTH AND PREVENT OBESITY AND OTHER RELATED DISEASES.

Introduced by Councilor LENA MARIE P. JUICO.

Co-Introduced by Councilors Bernard R. Herrera, Dorothy A. Delarmente, M.D., Tany Joe "TJ" L. Calalay, Nicole Ella V. Crisologo, Victor V. Ferrer, Jr., Winston "Winnie" T. Castelo, Atty. Bong Liban, Eden Delilah "Candy" A. Medina, Ramon P. Medalla, Mikey F. Belmonte, Estrella C. Valmocina, Franz S. Pumaren, Kate Galang-Coseteng, Matias John T. Defensor, Wencerom Benedict C. Lagumbay, Jorge L. Banal, Sr., Peachy V. De Leon, Imee A. Rillo, Resty B. Malañgen, Ivy L. Lagman, Hero M. Bautista, Jose A. Visaya, Karl Castelo, Patrick Michael Vargas, Shaira L. Liban, Ram V. Medalla, Allan Butch T. Francisco, Marivic Co Pilar, Melencio "Bobby" T. Castelo, Jr., Rogelio "Roger" P. Juan, Diorella Maria G. Sotto-Antonio, Donato "Donny" C. Matias, Eric Z. Medina, Freddy S. Roxas and Noe Dela Fuente.

WHEREAS, Sections 13 and 15, Article II of the 1987 Philippine Constitution states, in part:

"Section 13. The State recognizes the vital role of the youth in nation-building and shall promote and protect their physical, moral, spiritual, intellectual, and social well-being..."

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“Section 15. The State shall protect and promote the right to health of the people and still health consciousness among them.”

WHEREAS, the World Health Organization (WHO) recommended that children and youth aged 5-17 should accumulate at least 60 minutes of moderate to vigorous-intensity physical activity daily in order to improve cardiorespiratory and muscular fitness, bone health, and cardiovascular and metabolic health biomarkers;

WHEREAS, appropriate practice of a 60-minute daily physical activity provides numerous benefits that assists young people to:

- develop healthy musculoskeletal tissues (i.e. bones, muscles and joints);*
- develop a healthy cardiovascular system (i.e. heart and lungs);*
- develop neuromuscular awareness (i.e. coordination and movement control);*
- maintain a healthy body weight.*

WHEREAS, physical activity has also been associated with psychological benefits in young people by improving their control over symptoms of anxiety and depression and it has also been suggested that physically active young people more readily adopt other healthy behaviors (e.g. avoidance of tobacco, alcohol and drug use) and demonstrate higher academic performance at school;

WHEREAS, in the 2015 Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) National Nutrition Survey (as updated), claims that Metro Manila has the highest percentage of Overweight/Obese people with 39.9% higher than the Philippine average of 31.1%.

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Res. No. SP- **8486**, S-2021
Page -3- PR21CC-461

NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to urge, as it does hereby urge, the Department of Education and School Division of Quezon City to ensure that students engages in at least sixty (60) minutes of physical activities per day in school in order to improve health and prevent obesity and other related diseases.

ADOPTED: March 15, 2021.



GIAN G. SOTTO
City Vice Mayor
Presiding Officer


ATTESTED:



Atty. JOHN THOMAS S. ALFEROS III
City Government Dept. Head III

CERTIFICATION

This is to certify that this Resolution was APPROVED by the City Council on Second Reading on March 15, 2021 and was CONFIRMED on March 22, 2021.



Atty. JOHN THOMAS S. ALFEROS III
City Government Dept. Head III
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