

SIXTEENTH CONGRESS OF THE REPUBLIC)
OF THE PHILIPPINES)
Second Regular Session)



Senate
Office of the Secretary

14 SEP 16 P3:12

SENATE
S.B. No. **2411**

RECEIVED BY: 

Introduced by Senator Manuel "Lito" M. Lapid

AN ACT
ESTABLISHING COMMUNITY FITNESS CENTERS IN EVERY MUNICIPALITY
AND CITY NATIONWIDE AND APPROPRIATING FUNDS THEREOF

EXPLANATORY NOTE

Regular exercise or physical activity helps many of the body's systems function better, and keeps a number of diseases at bay. A 2001 study shows that physical inactivity was associated with more than 9 million cases of cardiovascular disease. In the Philippines, a sedentary lifestyle is one of the major reasons for the emergence of obesity both in children and adults. A 2008 study on 2,711 Filipinos with different grades of obesity showed that as the level of body mass index increases, there is an independent risk of developing mild to moderate diastolic dysfunction as much as 2 times the risk among overweight and 4 times the risk among grades 2 and 3 obese individuals compared to the normal population.

This bill aims to provide an avenue to encourage physical activity, and thus improve the overall health of Filipinos by establishing a community fitness center in each municipality and city. As such, the immediate passage of this bill is therefore requested.


MANUEL "LITO" M. LAPID



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*Be it enacted by the Senate and the House of Representatives of the Philippines in
Congress assembled:*

1 SECTION 1. TITLE.- This act shall be known as the "*Community Fitness*
2 *Center Act of 2014*"

3 SECTION 2. DECLARATION OF POLICY. - The Philippine Constitution
4 declares that it is the policy of the State to protect and promote the right to health of its
5 people and to instill health consciousness among them.

6 SECTION 3. DEFINITION OF TERMS. - The following terms used in
7 this Act are hereby defined:

- 8 a. Barangay Health Worker - Refers to a person who has undergone training
9 programs under any accredited government and non-government
10 organization and who voluntarily renders primary health care services in the
11 community after having been accredited to function as such by the local
12 health board in accordance with the guidelines promulgated by the
13 Department of Health.
- 14 b. Community Fitness Center - A center with necessary equipment to provide
15 physical fitness programs, trainings, and sports activities to residents of a
16 municipality or city. It also provides free seminars to would be physical
17 fitness leaders and trainers in each barangay of a municipality or city.
- 18 c. Fitness Instructor - A certified fitness instructor by any credible fitness
19 certification program, or graduate of any health or sports related college

1 degree, or a graduate of any college degree with at least 2 years experience as
2 a fitness instructor in a recognized fitness company.

3 d. Health Officer – refers to the Municipal or City Health Officer as defined by
4 the Local Government Code.

5 **SECTION 4. COMMUNITY FITNESS CENTER.** – There shall be
6 established, under the supervision of the municipal or city health officer, a community
7 fitness center in every municipality or city in the country. The community fitness center
8 shall be managed by the fitness instructor.

9 **SECTION 5. APPOINTMENT OF THE FITNESS INSTRUCTOR.** – The
10 municipal or city mayor shall, upon recommendation of the local health board of the
11 city or municipality where the center is located, appoint a full time fitness instructor
12 who will manage the center.

13 **SECTION 6. RESPONSIBILITIES OF THE FITNESS INSTRUCTOR.** –
14 The fitness instructor shall perform the following functions:

- 15 a. Assess and monitor regularly, with the help of health officer and the
16 barangay health workers, the health problems of the residents of the
17 municipality or city and the physical fitness activities needed to address these
18 health problems;
- 19 b. Conduct regular consultations with the residents of each barangay to identify
20 the physical fitness activities and sports programs that they are interested in
21 that can be implemented by the center;
- 22 c. Formulate an annual fitness plan for the municipality or city based on the
23 assessment, monitoring, and consultations conducted;
- 24 d. Implement the annual fitness plan for the municipality or city;
- 25 e. Oversee the care and management of the community fitness center;
- 26 f. Ensure the continuous and effective implementation of the physical activities
27 and sports programs undertaken by the center;
- 28 g. Disseminate proper information on the policy and objectives of the annual
29 fitness plan and sports programs of the center to encourage the active
30 participation of all the residents of the municipality or city;

1 h. Provide free seminars to future physical fitness leaders and trainers from
2 different barangays of the municipality or city.

3 **SECTION 7. ALLOCATION OF FUNDS.** – The amount necessary for the
4 initial implementation of this Act shall be charged to the appropriations of the
5 Department of Interior and Local Government. Thereafter, such sum as may be
6 necessary for the continued operation and maintenance of the community fitness center
7 shall be included in the annual budget of the municipality or city where the community
8 fitness center is located.

9 **SECTION 8. IMPLEMENTING RULES AND REGULATIONS.** – The
10 Department of Interior and Local Government together with the Department of Health
11 and the Philippine Sports Commission shall promulgate the rules and regulations
12 necessary to implement the provisions under this law.

13 **SECTION 9. SEPARABILITY CLAUSE.** – If any provision or part of this Act
14 shall be declared invalid or unconstitutional, the remaining parts or provisions not
15 affected shall remain in full force and effect.

16
17 **SECTION 10. REPEALING CLAUSE.** – All laws, decrees, executive
18 orders, issuances, rules and regulations or parts thereof inconsistent with the provisions
19 of this Act are hereby repealed or modified accordingly.

20 **SECTION 11. EFFECTIVITY CLAUSE.** – This Act shall take effect fifteen
21 (15) days after its publication in the Official Gazette or in at least two newspapers of
22 general circulation.

Approved,