

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

SEVENTEENTH CONGRESS
Second Regular Session
6445
HOUSE BILL NO. _____



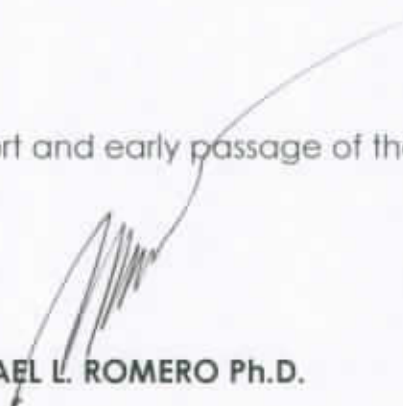
Introduced by Representative Michael L. Romero

EXPLANATORY NOTE

It is well-known that the lack of exercise and other physical activities would lead to various illnesses or diseases, or even death to the affected individuals. Needless to state, these diseases or illnesses could be easily prevented by proper exercise and other regular physical activities of the body.

This present bill is designed to improve awareness of the significance of the physical health and fitness of every citizen by celebrating the second Saturday of every year as the National Fitness Day.

Support and early passage of the bill is earnestly requested.



MICHAEL L. ROMERO Ph.D.

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AN ACT
DECLARING THE SECOND SATURDAY OF JUNE OF EVERY YEAR
AS NATIONAL FITNESS DAY

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

SECTION 1. NATIONAL FITNESS DAY- In order to encourage and inspire the physical health and fitness of the citizens, it hereby declared that the second Saturday of June of every year shall be celebrated as the National Fitness Day, which shall be considered as an official non-working holiday.

SECTION 2. REPEALING CLAUSE - All laws, presidential decrees, orders, issuances, rules and regulation and any part thereof inconsistent, which are inconsistent with the provisions of the Act are hereby amended or modified accordingly.

SECTION 3. EFFECTIVITY. - This Act shall take effect fifteen (15) days after its publication in at least two (2) newspapers of general circulation.

Approved,