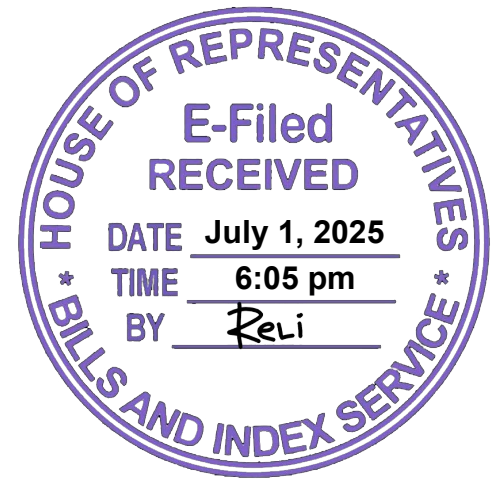


Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City, Metro Manila

TWENTIETH (20th) CONGRESS
FIRST REGULAR SESSION

House Bill No. **1029**



Introduced by Rep. ROBERT NAZAL

AN ACT
TO PROMOTE AN ACTIVE LIFESTYLE AND WELL-BEING FOR
ALL FILIPINOS (GALAW PINAS ACT OF 2025)

EXPLANATORY NOTE

Non-communicable diseases (NCDs), primarily ischemic heart disease, stroke, diabetes, and hypertension, claimed more than 200,000 Filipino lives in 2023, accounting for over one-third of all registered deaths nationwide.¹ Department of Health surveillance indicates that one in every four Filipino adults is physically inactive, while the prevalence of childhood obesity doubled between 2008 and 2021.² These trends impose a heavy burden on the public health system. In 2024 alone, PhilHealth disbursed PhP 38.6 billion for NCD-related claims, marking a 51 percent increase from 2018.³

While scattered initiatives exist, including the Department of Education's Galaw Pilipinas calisthenics routine, barangay-level exercise programs, and periodic workplace fitness challenges, wellness interventions remain fragmented, lack national standards, and are least accessible in geographically isolated and disadvantaged areas (GIDAs), Indigenous Cultural Communities (ICCs), and places of detention. A unified and statutory framework is urgently needed to ensure equitable, sustainable, and culturally relevant delivery of physical activity and nutrition services.

The 1987 Constitution enshrines the duty of the State to protect and promote the right to health and to prioritize physical education and sports development. While numerous laws support these mandates, including the Philippine Sports Commission Act (RA 6847), Masustansyang Pagkain para sa Batang Pilipino Act (RA 11037), Philippine

¹ Philippine Statistics Authority, Registered deaths in the Philippines in 2023

² Department of Health, Philippine NCD Surveillance Report, 2022

³ PhilHealth, Annual Report 2024

Sports Training Center Act (RA 11214), Kalusugan at Nutrisyon ng Mag-Nanay Act (RA 11148), Bureau of Corrections Act (RA 10575), and Indigenous Peoples' Rights Act (RA 8371), their implementation has largely remained siloed and uneven.

The proposed “Galaw Pinas Act of 2025” addresses this fragmentation by establishing a Ten-Year National Physical Activity and Nutrition Plan to be overseen by a newly created Galaw Center, attached to the Department of Health. The measure introduces the following key reforms:

1. Mandatory daily performance of the Galaw Pilipinas routine in all K–12 classrooms, aligning with the World Health Organization’s guideline of 60 minutes of daily physical activity for children;
2. Thrice-weekly community exercise sessions and the installation of free outdoor fitness stations in every barangay, with priority given to GIDA and ICC areas;
3. Establishment of Exercise-on-Prescription clinics in all DOH hospitals and Rural Health Units, with PhilHealth utilization tracking through dedicated coding;
4. An Indigenous Peoples Active-Living Initiative that honors Free, Prior, and Informed Consent (FPIC) protocols and promotes the preservation of traditional games such as sipa, kadang-kadang, and punnuk;
5. The Galaw sa Loob program, mandating daily physical activity and therapeutic gardening for all inmates in Bureau of Corrections and Bureau of Jail Management and Penology (BJMP) facilities; and
6. Incentive mechanisms such as premium discounts for employers achieving at least eighty percent (80%) workforce participation in wellness programs, and recognition awards for schools, LGUs, detention facilities, and ICCs that meet performance benchmarks.

This measure directly supports the Philippines’ commitment to the United Nations Sustainable Development Goals (SDGs)—notably SDG 3 (Good Health and Well-Being), which targets a one-third reduction in premature mortality due to NCDs by 2030, and SDG 10 (Reduced Inequalities), through its specific focus on marginalized and vulnerable groups including ICCs, women, seniors, persons with disabilities, and persons deprived of liberty.

According to the Global Status Report on Physical Activity 2022 by the World Health Organization, every peso invested in population-level physical activity programs can yield up to three pesos in long-term healthcare savings. By institutionalizing daily movement, promoting nutrition literacy, and integrating culturally inclusive sports practices, the Galaw Pinas Act aims not only to save lives but also to protect cultural heritage and alleviate pressure on the national health budget.

In light of the urgent need for an integrated, equity-focused response to the country's lifestyle disease crisis, the immediate passage of this measure is earnestly sought.



Rep. ROBERT NAZAL
Bagong Henerasyon Party-List

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

SECTION 1. SHORT TITLE.

This Act shall be known as the Act to Promote Active Lifestyle and Well-Being for All Filipinos or the “Galaw Pinas Act of 2025.”

SECTION 2. DECLARATION OF POLICY.

- A. Right to health, movement and nutrition.
The State shall protect and promote every Filipino’s right to health, to adequate, affordable, and nutritious food, and safe, regular physical activity, in accordance with Article II, section 15 and Article XIV, section 19(1) of the Constitution and with Republic Act 11037.
- B. Healthy society and lower public-health costs.
Physical inactivity and poor diet fuel non-communicable diseases. The World Health Organization warns that continued inertia may cost the world almost three-hundred-billion United States dollars in avoidable treatment by 2030. A physically active, well-nourished citizenry therefore reduces long-term State expenditure and raises productivity.
- C. Whole-of-government and whole-of-society approach.
All branches and levels of government, National Sports Associations, the private sector, the mass-media industry, accredited influencers, civil society, schools,

health facilities, places of detention, indigenous communities, and geographically isolated and disadvantaged areas shall be mobilised so that active living and healthy eating become convenient, enjoyable and culturally resonant for children, women, senior citizens, persons with disability, persons deprived of liberty and indigenous peoples.

D. Ten-year national mobilization.

A sustained ten-year public-awareness drive, branded “Galaw Pinas, Ginawa Para sa Lahat!” shall be launched. Accredited influencers, actors, athletes and content creators shall issue at least one Galaw message every calendar quarter. A nationwide “National Move Day” or “Araw ng Galaw” shall be observed on the third Friday of February.

E. Respect for indigenous peoples.

All Galaw activities that enter ancestral domains or involve indigenous cultural expressions shall comply with Republic Act 8371, the Indigenous Peoples’ Rights Act, and the guidelines of the National Commission on Indigenous Peoples (NCIP) on free and prior informed consent.

SECTION 3. DEFINITION OF TERMS.

As used in this Act, the following terms shall mean:

- A. Physical activity – refers to any bodily movement produced by skeletal muscles that requires energy expenditure
- B. Daily Physical Activity (DPA) – refers to not less than sixty minutes each day for persons aged five to seventeen years and not less than one hundred fifty minutes each week for adults, under World Health Organization standards
- C. Galaw Center (GC) - refers to the national agency created under Section 5
- D. Galaw Pilipinas Calisthenics Routine (GP-CR) – refers to the four-minute, eight-sequence calisthenics program issued by the Department of Education on 23 February 2022, adaptable in tempo, intensity, and form for persons with disability
- E. National Sports Association (NSA) – refers to any sport-governing body recognized by the Philippine Olympic Committee and affiliated with the Philippine Sports Commission under Republic Act 6847
- F. Indigenous peoples or indigenous cultural communities have the meaning assigned to them in the Republic Act 8371

- G. Persons Deprived of Liberty (PDL) – refers to inmates or detainees under the Bureau of Corrections, the Bureau of Jail Management and Penology or any other lawful custodial authority as defined in Republic Act 10575
- H. Geographically Isolated and Disadvantaged Area (GIDA) - refers to any locality classified by the Department of Health as hard-to-reach or underserved

SECTION 4. GALAW PINAS PROGRAM: TEN-YEAR TARGET.

During its first ten years, reckoned from the effectiveness of the implementing rules and regulations, the Program shall:

- A. Raise by at least ten percentage points the share of Filipinos who meet World Health Organization DPA guidelines;
- B. Embed continuous opportunities for physical activity, combined with food literacy and healthy food access, in every public school, workplace, health-care facility, barangay, prison, and indigenous community;
- C. Provide free, high-quality movement and nutrition resources through broadcast, digital and offline channels, guaranteeing reach to GIDA localities, detention facilities, and ancestral domains; and
- D. Sustain the national public-awareness campaign described in section 2(4), ensuring respectful portrayal and participation of all ethno-linguistic groups.

SECTION 5. CREATION OF THE GALAW CENTER.

- 1. There is hereby created a Galaw Center, which shall serve as the lead implementing and coordinating agency for the promotion of physical activity and nutrition literacy nationwide. The Galaw Center shall be attached to the Department of Health for policy coordination and shall enjoy fiscal autonomy.
- 2. The Galaw Center shall be governed by a Board of Trustees, hereinafter referred to as the *Board*, composed of the following:
 - a. The Secretary of Health, as Chairperson;
 - b. The Secretary of Education, as Vice Chairperson;
 - c. The Secretary of Agriculture;
 - d. The Secretary of Trade and Industry;
 - e. The Secretary of the Interior and Local Government;
 - f. The Chairperson of the Philippine Sports Commission;
 - g. The Chairperson of the National Commission on Indigenous Peoples;

- h. One (1) representative from the National Sports Associations (NSAs), nominated by the Philippine Olympic Committee, to serve a non-renewable term of two (2) years; and
 - i. Two (2) representatives from the academe or private sector, at least one (1) of whom shall be a registered nutritionist-dietitian.
- 3. The Galaw Center shall have the following powers and functions:
 - a. Formulate and periodically update a Ten-Year National Physical Activity and Nutrition Plan, subject to midterm review and revision every five (5) years;
 - b. Promulgate and enforce national standards for movement and nutrition literacy materials that are age-, gender-, disability-, and culture-sensitive;
 - c. Curate, translate, and disseminate Galaw Pilipinas Core Resources (GP-CR) in Filipino, English, major regional languages, and, where practicable, indigenous languages;
 - d. Establish an NSA Liaison Office to map existing sports facilities and certified coaches, and to facilitate the conduct of introductory sport clinics, including indigenous games such as *sipa*, *kadang-kadang*, and *punnuk*, in coordination with local communities and subject to Free, Prior, and Informed Consent (FPIC);
 - e. Create a Public Awareness and Media Bureau responsible for communications, the accreditation of celebrity and community ambassadors, and the enforcement of child-safe and culturally respectful messaging;
 - f. Accredite Galaw Trainers who shall be authorized to deliver official Galaw Center programs and certify community or institutional compliance with physical activity standards;
 - g. Conduct and commission research, maintain a centralized monitoring and evaluation system, and publish an annual Galaw Scorecard measuring progress and outcomes under this Act.

SECTION 6. MANDATORY GALAW PILIPINAS CALISTHENICS IN SCHOOLS.

All public and private K–12 schools shall require the performance of the Galaw Pilipinas Calisthenics Routine (GP-CR) at the beginning of each morning class session, whether in-person or online. The Department of Education, in coordination with the Galaw Center, shall issue guidelines for flexible adaptation of the GP-CR to suit different age groups, persons with disability, and cultural sensitivities. Performance of the GP-CR shall count toward the Daily Physical Activity (DPA) guideline under Section 3(B).

SECTION 7. COMMUNITY EXERCISE SESSIONS AND BARANGAY FITNESS INFRASTRUCTURE.

All barangays shall conduct free, thrice-weekly group exercise sessions open to the public. Each barangay shall install at least one (1) set of outdoor fitness stations within its jurisdiction, prioritizing open spaces accessible to women, seniors, children, and persons with disability. The Department of the Interior and Local Government shall issue minimum standards for the safe, inclusive, and culturally appropriate design of such facilities.

Barangays in GIDA and Indigenous Cultural Community areas shall receive priority technical and financial assistance from the Galaw Center for the fulfillment of this mandate.

SECTION 8. EXERCISE-ON-PRESCRIPTION CLINICS.

All Department of Health hospitals and Rural Health Units shall establish Exercise-on-Prescription (EOP) clinics, which shall provide patients with non-pharmacologic movement prescriptions in accordance with WHO guidelines. The Galaw Center, in coordination with the DOH, shall accredit medical personnel for EOP delivery and issue protocols for referral, documentation, and follow-up.

PhilHealth shall assign appropriate case codes for EOP consultations and services to track utilization, outcomes, and cost savings.

SECTION 9. INDIGENOUS PEOPLES ACTIVE-LIVING INITIATIVE.

The Galaw Center shall design, in partnership with the National Commission on Indigenous Peoples, an Indigenous Peoples Active-Living Initiative that ensures Free, Prior, and Informed Consent (FPIC) and promotes traditional forms of movement, including but not limited to *sipa*, *kadang-kadang*, and *punnuk*. The Initiative shall be culturally grounded and participatory, with full respect for customary law, knowledge systems, and self-determined development.

SECTION 10. GALAW SA LOOB PROGRAM.

All correctional and detention facilities under the Bureau of Corrections and the Bureau of Jail Management and Penology shall implement a daily Galaw sa Loob program that incorporates physical activity, movement breaks, and therapeutic gardening. These programs shall be age- and gender-sensitive and shall be supervised by qualified Galaw Trainers. The Galaw Center shall provide technical support and monitoring.

SECTION 11. INCENTIVES AND RECOGNITION.

Employers whose workplace wellness programs achieve at least eighty percent (80%) participation over a twelve-month period shall be eligible for premium discounts under a scheme to be developed by the Department of Labor and Employment, in consultation with the Galaw Center, PhilHealth, and the Social Security System.

Schools, barangays, prisons, and ICCs that meet or exceed physical activity and nutrition benchmarks under the Galaw Scorecard shall be eligible for national and regional recognition through the annual Galaw Awards.

SECTION 12. APPROPRIATIONS.

The amount necessary for the initial implementation of this Act shall be charged against the current year's appropriations of the concerned implementing agencies. Thereafter, such sums as may be necessary for the continued implementation of this Act shall be included in the annual General Appropriations Act.

SECTION 13. IMPLEMENTING RULES AND REGULATIONS.

Within sixty (60) days from the effectivity of this Act, the Galaw Center, in consultation with relevant government agencies and stakeholders, shall promulgate the necessary rules and regulations for its effective implementation.

SECTION 14. SEPARABILITY CLAUSE.

If any provision of this Act is declared invalid or unconstitutional, the provisions not affected thereby shall remain in full force and effect.

SECTION 15. REPEALING CLAUSE.

All laws, executive orders, proclamations, rules, regulations, and other issuances or parts inconsistent with the provisions of this Act are hereby repealed or amended accordingly.

SECTION 16. EFFECTIVITY.

This Act shall take effect fifteen (15) days following its complete publication in the Official Gazette or a newspaper of general circulation.

Approved,