

QC supports Fit Filipino Nationwide Weight Loss Challenge

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TO further promote a healthy lifestyle for its residents, the Quezon City Mayor **Herbert Bautista** said the Quezon City government would support the Fit Filipino Nationwide Weight Loss Challenge during the campaign's launch on Nov. 5.

Mayor Bautista also announced that the local government will also host the Fit Filipino Fitness Marathon 2018 that includes yoga, groove feet, jog walk, sprint, cross fit, and street dance on Nov. 25 at the Quezon Memorial Circle. QC Hall employees will participate in the event.



Mayor Herbert Bautista and other city officials join the weigh-in challenge and the short zumba session at the launching of Fit Filipino Nationwide Weight Loss Challenge.

The Philippine Heart Association stressed that for the past 20 years heart disease due to unhealthy lifestyle is the number one cause of death in the Philippines.

Meanwhile, the Quezon City local government is out to promote food tourism by celebrating the city's food icons in a book entitled "Food City: A Journey Through Quezon City's Food Icons," according to Quezon City Vice Mayor **Joy Belmonte**.

"This is a book we are doing in partnership with the Quezon City tourism council and a leading publisher on food," Belmonte said in an interview. "We want to make a book on food icons that includes restaurants and eating places that started here in Quezon City but are now known all over the country."

The vice mayor cited that establishments such as Ma Mon Luk, Jollibee, Max's Restaurant, and Red Ribbon started in Quezon City and have gone on to become household names.

"These are all part of our pamana or heritage in our city. They became part of the lives of every Filipino but they are from Quezon City," the vice mayor added.