Republic of the Philippines
**QUEZON CITY COUNCIL**
Quezon City
23rd City Council

*PR23CC-692*

*54th Regular Session*

*RESOLUTION NO. SP-* 10586 *, S-2026*

*A RESOLUTION ENCOURAGING THE PROMOTION OF WORKPLACE WELLNESS PROGRAMS IN BOTH PUBLIC AND PRIVATE OFFICES IN QUEZON CITY*

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*Introduced by Councilors WENCEROM BENEDICT C. LAGUMBAY, DOROTHY A. DELARMENTE, M.D., CANDY A. MEDINA, AIKO MELENDEZ and JHON ANGELLI "Sami" C. NERI*

*Co-Introduced by Councilors Tany Joe "TJ" L. Calalay, Bernard R. Herrera, Joseph P. Juico, Charm Ferrer, CPA, MPA, JD, Nicole "Nikki" V. Crisologo, Atty. Voltaire Godofredo "Bong" Liban III, Aly Medalla, Dave C. Valmocina, Ranulfo "Tatay Rannie" Z. Ludovica, Atty. Christoffer Allan "Tope" Liquigan, Albert Alvin "Chuckie" L. Antonio III, Luigi D. Pumaren, Atty. Vicente Belmonte Jr., Edgar "Egay" G. Yap, Nanette Castelo Daza, Imee Rillo, Atty. Jesus Miguel Suntay, Raquel S. Malañgen, Joseph Joe Visaya, Alfred Vargas, MPA, Karl Edgar Castelo, Shaira "Shay" L. Liban, Maria Eleanor "Doc Ellie" R. Juan, O.D., Emmanuel Banjo A. Pilar, Kristine Alexia Matias, RN, Victor "Vic" D. Bernardo, Vito Sotto Generoso, Erwin Rey "Cocoy" A. Medina, and Jose Maria "Mari" M. Rodriguez*

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*WHEREAS, the Quezon City Government continues to support initiatives that promote preventive healthcare and the overall well-being of workers;*

*WHEREAS, many employees spend a significant portion of their day in the workplace, making work environments an important setting for promoting healthy lifestyles;*

*WHEREAS, workplace wellness programs that encourage physical activity, stress management, healthy eating, and mental health awareness have been shown to improve employee health, productivity, and morale;*

*WHEREAS, healthier employees contribute to more productive organizations and stronger communities;*

*WHEREAS, both public and private institutions can play an important role in promoting workplace practices that support the physical and mental well-being of their employees.*

*NOW, THEREFORE,*

*BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to encourage, as it does hereby encourage, the promotion of workplace wellness programs in both public and private offices in Quezon City.*

*RESOLVED FURTHER, that offices and workplaces are encouraged to promote wellness initiatives such as physical activity breaks, health awareness seminars, mental health support activities, and healthy lifestyle campaigns.*

*RESOLVED FURTHERMORE, that employers may encourage programs that promote stress management, work-life balance, and the overall well-being of employees.*

*RESOLVED FURTHERMORE, that workplace wellness activities may include health education programs on nutrition, exercise, and preventive healthcare.*

*RESOLVED FINALLY, that copies of this Resolution be furnished to the Quezon City Health Department, the Department of Labor and Employment – NCR, business organizations, and other concerned offices for their information and appropriate action.*

*ADOPTED: July 13, 2026.*

*CERTIFICATION*

*This is to certify that this Resolution was ADOPTED by the City Council on Second Reading on July 13, 2026 and was CONFIRMED on July 30, 2026.*

MIKEY F. BELMONTE
President Pro-Tempore
Acting Presiding Officer

*ATTESTED:*

ATTY. JOHN THOMAS S. ALFEROS, III
City Government Department Head III
(Secretary to the Sanggunian)