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

PR23CC-618

66th Regular Session

RESOLUTION NO. SP-10713, S-2026

A RESOLUTION ENCOURAGING PUBLIC AND PRIVATE SCHOOLS IN QUEZON CITY TO IMPLEMENT DAILY PHYSICAL ACTIVITY PROGRAMS IN ORDER TO HELP ADDRESS THE RISING INCIDENCE OF CHILDHOOD OVERWEIGHT AND OBESITY

Introduced by Councilors JHON ANGELLI "Sami" C. NERI, ATTY. CHRISTOFFER ALLAN "Tope" LIQUIGAN, JOSE MARIA "Mari" M. RODRIGUEZ, DOROTHY A. DELARMENTE, M.D., AIKO MELENDEZ and CANDY A. MEDINA

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, Ranulfo "Tatay Rannie" Z. Ludovica, Geleen "Dok G" Lumbad, Albert Alvin "Chuckie" L. Antonio III, Wencerom Benedict C. Lagumbay, 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, Ram V. Medalla, Maria Eleanor "Doc Ellie" R. Juan, O.D., Emmanuel Banjo A. Pilar, Kristine Alexia Matias, RN, Victor "Vic" D. Bernardo, Vito Sotto Generoso, and Erwin Rey "Cocoy" A. Medina

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WHEREAS, the Quezon City Government recognizes that proper nutrition and regular physical activity are essential components of a healthy lifestyle, particularly for children and adolescents;

WHEREAS, health and nutrition data indicate increasing cases of overweight and obesity among school-aged children, which may lead to long-term health risks such as diabetes, cardiovascular disease, and other non-communicable diseases;

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WHEREAS, schools serve as important environments where children spend a significant portion of their day and therefore play a key role in promoting healthy habits, including regular movement and physical activity;

WHEREAS, encouraging daily physical activity in schools can help improve students' physical health, mental well-being, discipline, and overall development;

WHEREAS, promoting active lifestyles among children requires coordinated support from schools, the local government, barangays, youth organizations, communities, and the private sector.

NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to encourage, as it does hereby encourage, public and private schools in Quezon City to implement daily physical activity programs in order to help address the rising incidence of childhood overweight and obesity.

RESOLVED FURTHER, that public and private schools in Quezon City are encouraged to incorporate structured daily physical activities for students, which may include exercise routines, sports activities, active recess periods or other school-based movement programs designed to encourage active lifestyles.

RESOLVED FURTHERMORE, that the Quezon City Government, through the Quezon City Health Department, the Quezon City Sports Development Office, and other concerned departments, may support schools by providing guidance, health information, and program coordination that promote physical activity and healthy lifestyles among students.

RESOLVED FURTHERMORE, that barangays are encouraged to support nearby schools by helping provide safe spaces, community sports programs or local activities that encourage children and youth to engage in regular physical activity.

RESOLVED FURTHERMORE, that the Sangguniang Kabataan may assist schools and barangays in organizing youth sports activities, fitness events, and other initiatives that encourage active participation among young people.

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RESOLVED FURTHERMORE, that community organizations, non-governmental organizations, and the private sector may collaborate with schools and the Quezon City Government by supporting sports programs, donating equipment or sponsoring activities that promote physical fitness among children and youth.

RESOLVED FINALLY, that copies of this Resolution be furnished to the Department of Education Schools Division Office of Quezon City, the Quezon City Health Department, the Quezon City Sports Development Office, and all barangays in Quezon City for their information and appropriate action.

ADOPTED: September 10, 2026.

CERTIFICATION

This is to certify that this Resolution was ADOPTED by the City Council on Second Reading on September 10, 2026 and was CONFIRMED on September 21, 2026.

GIAN G. SOTTO
City Vice Mayor
Presiding Officer

ATTESTED:

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

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