

EXCERPTS FROM THE MINUTES OF THE 5<sup>th</sup> REGULAR SESSION OF  
THE SANGGUNIAN BAYAN OF GUBAT, SORSOGON, HELD ON  
MONDAY, FEBRUARY 6, 2017 AT THE SANGGUNIAN BAYAN  
SESSION HALL.

PRESENT:

Hon. Sixto F. Estareja	- Municipal Vice Mayor, P.O.
Hon. John Paul E. Erlano	- Member, Sanggunian Bayan
Hon. Cesar D. Esperida, Jr.	- Member, Sanggunian Bayan
Hon. Danilo E. Enaje	- Member, Sanggunian Bayan
Hon. Kenneth D. Escandor	- Member, Sanggunian Bayan
Hon. Anthony C. Callos	- Member, Sanggunian Bayan
Hon. Valentin A. Pura IV	- Member, Sanggunian Bayan
Hon. Aiza E. Encinares	- Member, Sanggunian Bayan
Hon. Ramon E. Entico	- Member, Sanggunian Bayan
Hon. Nelson E. Quiñones	- Liga ng mga Barangay President

ABSENT: N O N E

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RESOLUTION NO. 20 S-2017

A RESOLUTION EARNESTLY REQUESTING HON. EMMANUEL  
DAPIDRAN PACQUIAO, SENATOR, REPUBLIC OF THE PHILIPPINES,  
TO DONATE ONE (1) UNIT OF BOXING RING WITH COMPLETE  
ACCESSORIES FOR USE BY THE MUNICIPALITY OF GUBAT,  
PROVINCE OF SORSOGON IN THE IMPLEMENTATION OF ITS SPORTS  
DEVELOPMENT PROGRAMS.

WHEREAS, Boxing is the best and a great way to decrease our body weight and  
also help in burning lots of calories. A study explains that boxing burns approximately  
102 calories in a period of just fifteen minutes in terms of calorie outlay. This simply  
means that this type of workout or a fitness program for a period of one year can help in  
burning about a total of 37,000 or more calories in just twelve months, which is an equal  
to about 10.6 pounds of fats in our body;

WHEREAS, a boxing exercise not just help out in maintaining normal body weight but as well it also makes fit and strong. It helps in making bones stronger and also tones up or shapes up the upper and lower physique of body;

WHEREAS, in our country, Boxing has been pastime for a long time and many gyms are offering boxing classes to people to get them into shape without competing against each other;

WHEREAS, health consciousness through sports development is one of the priority programs of the municipality of Gubat plans to undertake however, enthusiastic it may be, it cannot provide complete sports facilities and equipment due to financial constraint;

NOW, THEREFORE, on motion of Honorable Valentin A. Pura IV and unanimously seconded, it was;

RESOLVED, as it is hereby resolved to earnestly request Honorable Emmanuel D. Manny” Pacquiao, Senator, Republic of the Philippines, to donate one (1) unit of Boxing ring with complete accessories for use by the Municipality of Gubat, Province of Sorsogon in the implementation of its sports development programs;

RESOLVED FURTHER, that copies of this resolution be furnished Honorable Emmanuel D. “Manny” Pacquiao, Senator, Republic of the Philippines, GSIS Building, Pasay City, for consideration and appropriate action.

UNANIMOUSLY APPROVED.

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I HEREBY CERTIFY TO THE  
CORRECTNESS OF THE FOREGOING:

(Sgd) JOEY P. ENAJE  
*Secretary to the Sangguniang Bayan*

*Attested by:*

(Sgd) HON. SIXTO F. ESTAREJA  
*Municipal Vice Mayor, Presiding Officer*