



Republic of the Philippines  
PROVINCE OF SORSOGON  
MUNICIPALITY OF GUBAT

**OFFICE OF THE MAYOR**

**EXECUTIVE ORDER NO. 2016-004**

**AN ORDER REACTIVATING THE SPORTS DAY, AND ADOPTING AND  
INSTITUTIONALIZING THE HEALTHY LIFESTYLE PROGRAM OF  
THE DEPARTMENT OF HEALTH (DOH) IN THE LOCAL  
GOVERNMENT UNIT OF GUBAT, SORSOGON**

**WHEREAS**, the right to health of every Filipino is guaranteed under Article II Section 15 of the 1987 Constitution which states that "the State shall protect the right to health of the people and instill health consciousness among them;

**WHEREAS**, health surveys conducted by the Department of Health revealed cardiovascular disease as the number one cause of death in the country today and responsible for one out of five deaths among Filipinos which led the DOH to launch the Healthy Lifestyle Program in a bid to prevent and control the prevalence of the disease;

**WHEREAS**, due to negligence and sheer passivity of the people about their health, some have opted to engage in and adopted harmful lifestyles and habits that is becoming uncontrollable and detrimental to their own lives, and even the cause of suffering of their very own families;

**WHEREAS**, health is among the priority concerns of the government and all efforts are being exerted in order to instill awareness, improve the knowledge, attitude and practices of the people and make basic health services accessible;

**WHEREAS**, it has been proven that regular exercise such as walking, aerobics, calisthenics and other sports activities improves the cardiovascular system, prevents strokes and improves the over-all physical health of a person;

**NOW THEREFORE, I, SHARON ROSE G. ESCOTO**, Mayor of the Municipality of Gubat, Sorsogon by virtue of the power vested in me by law, do hereby order the following:

**Section 1. REACTIVATION OF THE REGULAR SPORTS AND HEALTH DAY** - There shall be a regular Sports and Health Day every Friday starting at 4:00 to 5:00 in the afternoon.

**Section 2. HEALTH EXERCISES FOR ALL EMPLOYEES** – All employees of the Local Government Unit are directed to convene at the Municipal Compound to do exercises approved by the Department of Health and other exercises which may be agreed upon for this purpose. The first one hour shall be devoted to aerobic exercises while the remaining hours shall be allotted to other sport activities which the employees may prefer to play, which may include but shall not be limited to badminton, basketball, lawn tennis, volleyball, table tennis, and others. Indigenous games are encouraged.

**Section 3. LEADERS** – In order to ensure the orderly and effective implementation and observance of this order, the Office of the Mayor will assign a leader for the exercise. Departments and offices shall be clustered accordingly to serve as facilitators/managers in a particular Friday. This shall be on a rotation basis and everyone will have the chance to facilitate. The clusters are as follows:

1. The offices of the Municipal Assessor, Municipal Budget Officer, and Municipal Engineer
2. The offices of the Municipal Treasurer and Municipal Accountant, and Human Resource Management
3. The offices of the Municipal Agriculturist, MPDO, MCR, and MSWDO
4. The Rural Health Unit Personnel, The offices of the Mayor, Sangguniang Bayan and Administrator

The assigned cluster for the day shall be responsible for the preparation and arrangements of the sports or games to be played.

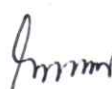
**Section 4. PARTICIPATION OF OTHER AGENCIES** – This activity is open to all Gubatnons who want to join. Employees of National Agencies such as the Municipal Trial Court, DILG, PNP, Bureau of Fire Protection, Regional Trial Court, BJMP, and others are welcome and encouraged but not mandatory for them.

**Section 5. EXEMPTIONS** – Employees who have physical disabilities and other health limitations are exempted from participating in these activities. The Rural Health Unit personnel shall, before the start of the exercises check the vital signs of those who would request it.

**Section 7. INFORMATION TO THE PUBLIC** – In order not to confuse the public for not rendering service between 4:00 to 5:00 PM of every Friday, notice of the conduct of Sports and Health Day shall be posted in all offices in appropriate places so that the public may be duly informed.

**Section 8. EFFECTIVITY** - This order shall take effect on the last Friday of July 2016 and shall remain in force until revoked by this office.

Done in the Municipality of Gubat, Province of Sorsogon, Philippines, and this 27<sup>th</sup> day of July 2016.

  
**SHARON/ROSE G. ESCOTO**  
Municipal Mayor





Republic of the Philippines  
PROVINCE OF SORSOGON  
MUNICIPALITY OF GUBAT  
OFFICE OF THE MAYOR

**SPORTS DAY AND HEALTHY LIFESTYLE PROGRAM  
SCHEDULE 2016**

The assigned cluster for the day shall be responsible for the preparation and arrangements of the sports or games to be played.

1. The offices of the Municipal Assessor, Municipal Budget Officer, and  
✓ Municipal Engineer

- August 12
- September 16
- October 21
- November 25
- December 30

*[Signature]* 8/1/16  
BUDGET

*[Signature]* 8/2/16

2. The offices of the Municipal Treasurer and Municipal Accountant, and  
Human Resource Management

- August 19
- September 23
- October 28
- December 9

*[Signature]* 8/1/16  
HR

*[Signature]* 8/1/16  
Accto

MTB - *[Signature]* 8/1/16

3. The offices of the Municipal Agriculturist, MPDO, MCR, and MSWDO

- August 26
- September 30
- November 11
- December 16

*[Signature]* MCR  
MPDO

*[Signature]* 8-1-16  
AGRI  
MSWDO

4. The Rural Health Unit Personnel, The offices of the Mayor, Sangguniang  
Bayan and Administrator

- September 9
- October 14
- November 18
- December 23

*[Signature]* 8/2/16  
RHU

SB - *[Signature]*

*[Signature]* 8/1/16  
Assesur

*[Signature]*  
**SHARON ROSE G. ESCOTO**  
Municipal Mayor