

**WHEREAS**, Republic Act No. 7432 or the Expanded Senior Citizens Act of 2003 in its Declaration of Principles and State Policies provides that the state shall provide social justice in all phases of national development. Further Article XIII, Section 11 provides: "The State shall adopt an integrated and comprehensive approach to health and other social services available to all the people at affordable cost. There shall be priority for the needs of the underprivileged, sick, elderly, disabled, women and children;"

**WHEREAS**, it is a declared policy of the aforesaid Act to give full support to the improvement and well-being of the elderly and their full participation in society considering that senior citizens are integral part of Philippine society: to establish a program beneficial to the senior citizens, their families and the rest of the community that they serve: to establish community-based health and rehabilitation programs in every political unit of society; and to provide self and social enhancement services" which provide senior citizens opportunities for socializing, organizing, creative expression, and improvement of self;

**WHEREAS**, the loss of strength and stamina among adults especially among senior citizens is in part caused by reduced physical activity or of no physical activity at all;

**WHEREAS**, physical activity and exercise are important to the physical and mental health of everyone including senior citizens since studies have proven that staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities;

**WHEREAS**, scientists have found that staying active and exercising regularly can help prevent or delay many diseases and disabilities. In many cases, exercise is an effective treatment for many chronic conditions such as arthritis, heart disease, diabetes, high blood pressure, and osteoporosis;

**WHEREAS**, Tai Chi and Qigong (Chi Kung) are exercises that have been proven worldwide to be beneficial to the health and wellness of senior citizens.

**NOW THEREFORE**, on motion of City Councilor Rosalita T. Nuñez duly seconded by City Councilors \_\_\_\_\_, be it –

**RESOLVED**, as it is hereby resolved, to adopt the following ordinance.

ORDINANCE NO. \_\_\_\_  
Series of 2017

AN ORDINANCE INSTITUTIONALIZING TAI CHI AND QIGONG AS A FORM OF HEALING EXERCISES FOR SENIOR CITIZENS AND ADULTS OF GENERAL SANTOS CITY, PROVIDING FUNDS THEREFOR AND FOR OTHER PURPOSES

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**HON. ROSALITA T. NUÑEZ and HON. SHIRLYN B. NOGRALES and HON. SHANDEE THERESA O. LLIDO-PESTAÑO – Authors**

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Be it enacted by the Sangguniang Panlungsod of General Santos that:

Section 1. **Short Title** – This ordinance shall be known as the “Tai Chi and Qigong Healing Exercises Ordinance.”

Section 2. **Objectives** – Tai Chi and Qigong promote brain health, improves muscles strength, joint structure and joint function and metabolism and improves oxygen and nutrient supply to all cells in the body. Physical exercise also provides opportunity for social interaction that may otherwise be lacking in a senior citizens’ life. Taking into consideration the benefits that physical exercise can do to the health and wellness of anybody especially Senior citizens. it is the objective of this ordinance to provide opportunities to improve the health and wellness of the senior citizens through Tai Chi and Qigong exercises which had been proven to be appropriate for the purpose.

Section 3. **Definitions of Terms** – For the purpose of this ordinance, the following terms are defined:

- a) **Certified Instructors (CI)** – refer to Barangay-level instructors trained by the master trainor.
- b) **Master Trainor (MT)** – refers to an individual who trains and certifies instructors.
- c) **Qigong (Chi Kung)** – refers to a holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and wellness practice.
- d) **Tai Chi** – refers to an ancient Chinese form of martial arts that involves slow, controlled and low-impact movements that can be easy for seniors even those with limited movement.

Section 4. **Tai Chi Program and Implementation.** –

- a) The city government shall hire certified master trainor for Tai Chi and Qigong to train and certify local Tai Chi and Qigong instructors preferably the members of the Dance troop of General Santos City.
- b) After the local Tai Chi and Qigong instructors are certified by the master trainor, the local instructors shall train the barangay Tai Chi and Qigong trainors for each of the 26 barangays
- c) Tai chi exercises and Qigong shall be conducted in the barangays and in the city wherever it is feasible and appropriate at least once a week or as many times as decided by the participating senior citizens.
- d) All Tai Chi and Qigong programs shall be absolutely free for all participants.

Section 5. **Funding Requirement.** – Such funds as may be necessary for the implementation of this ordinance shall be appropriated by the City in each annual budget for the succeeding years or in any of its supplemental budget for this year.

Section 6. **Repealing Clause** – All previous ordinances and provisions inconsistent with this ordinance shall be deemed repealed or modified accordingly.

Section 7. **Separability Clause** – If for any reason any part or provision of this ordinance shall be held unconstitutional or invalid, other parts or provisions thereof which are not affected thereby shall continue to be in full force and effect.

Section 8. **Effectivity** – This ordinance shall take effect 15 days after its publication in a newspaper or general circulation in General Santos City.

Drafted by:

**ANTONIO A. PADILLA**  
Local Legislative Staff Assistant III  
June 7, 2017

Reviewed by:

**ROSALINDA L. MONDIDO**  
Chief-Legislative Services Division

Approved by:

**ROSALITA T. NUÑEZ, MNSA, PhD**  
City Councilor & Chair, Committee  
on Health and Sanitation