



Republic of the Philippines  
PROVINCE OF ISABELA  
City of Ilagan

## Office of the Governor

### EXECUTIVE ORDER NO. 11 -2019

#### ENJOINING ALL SCHOOLS, LGUs AND OFFICES BOTH PUBLIC AND PRIVATE IN THE PROVINCE OF ISABELA TO CONDUCT PHYSICAL EXERCISES/ ZUMBA/HATAW DANCE AFTER THE FLAG CEREMONY EVERY MONDAY

**Whereas**, Article II, Section 15 of the 1987 Constitution declares that the state shall protect and promote the right to health of the people and instill health consciousness among them;

**Whereas**, Section 16 of RA 7160 states that every local government unit shall exercise the powers expressly granted, those necessarily implied therefrom, as well as powers necessary, appropriate, or incidental for its efficient and effective governance, and those which are essential to the promotion of the general welfare;

**Whereas**, Cardiovascular diseases (CVD), including heart attack and stroke, are among the top 5 causes of death in the country according to the Department of Health (DOH);

**Whereas**, to greatly reduce the level of risk factors of heart diseases, emphasis on a healthy lifestyle should be inculcated among Isabeleños including regular physical fitness activities and exercises;

**Whereas**, physical fitness exercise such as calisthenics, aerobics, zumba and hataw dance, which can be adopted by all Isabeleños and is one of the strategies of the Provincial Government of Isabela in its physical health program;

**Whereas**, the Isabela Provincial Health Office (IPHO), as the department in- charge of the health of Isabela's constituents, is tasked to spearhead this program;

**Now therefore**, I, **RODOLFO T. ALBANO III**, Governor of Isabela, by virtue of the powers vested in me by law, do hereby enjoin all schools, LGUS and offices both public and private in the Province of Isabela to conduct physical exercises/ zumba/ hataw dance after the Flag ceremony every Monday;

**Further**, I, **RODOLFO T. ALBANO III**, hereby directs the Isabela Provincial Health Office to take the lead role in the planning, provincewide implementation, and monitoring of the program and together with the Provincial Information Office to undertake a provincewide information dissemination campaign through print, broadcast, radio, and multi-media in order to meet its objectives in cooperation with concerned groups and agencies.

**Furthermore**, all Local Chief Executives of LGUs, all Head of Offices of Government Agencies are required to issue appropriate office memorandum to their employees for an integrated and synchronized implementation, as well as to ensure their support and active participation.

**Finally**, for the Department of Education Schools Division Superintendents, to adopt the program as an integral part of the physical fitness program for all its accredited public and private schools, throughout the province.

This Executive Order shall take effect immediately.

Issued this 25th day of July, 2019 in City of Ilagan, Isabela.

HON. RODOLFO T. ALBANO III

Governor

Nagkaisa para sa Isabela