



COMMITTEE ON HEALTH AND SANITATION

COMMITTEE REPORT

CHS-001-2025
PCR-004-2025 (PCR-760-2025)

Office of the Sangguniang Panlungsod
Received by: Janel Pring
Date: 7 JUL 2025
Time: 4:16 PM

Subject: A resolution approving the project proposal of Dr. Maria Cristina Alberto on the creation of Health, Wellness, and Dance Fitness Organization and Associations in the City of Bacoor entitled: "Strike as One Federation of Health, Wellness and Dance Fitness and Associations and Instructors in Bacoor."

(Date referred: July 07, 2025)

The above-mentioned proposed resolution underwent its first reading on July 07, 2025 during the 1st Regular Session of the 6th Sangguniang Panlungsod. The said proposed ordinance was referred by the Presiding Officer, City Vice Mayor Hon. Rowena Bautista Mendiola to the Committee on Health and Sanitation.

FINDINGS:

A letter from the City Administrator's Office dated February 06, 2025 was received by the Sangguniang Panlungsod regarding the request of Dr. Maria Cristina Alberto relative to their project proposal.

The said project proposal is in conflict with the existing health and wellness program of the City of Bacoor.





Republic of the Philippines
Province of Cavite
CITY OF BACOR

OFFICE OF THE SANGGUNANG PANLUNGSOD



CGBR-SPBac-F01.02

01/20/2025



RECOMMENDATION:

By the motion of Hon. Reynaldo C. Palabrica duly seconded by all the members of the 6th Sangguniang Panlungsod, the above subject matter was **ARCHIVED** during its 1st Regular Session.

WE HEREBY CERTIFY that the contents of the foregoing report are true and correct.

Signed this 7th day of July 2025 at the City of Bacoor, Cavite.

COMMITTEE ON HEALTH AND SANITATION


COUN. REYNALDO C. PALABRICA
Chairman


COUN. MANOLO S. GALVEZ
Vice Chairman


COUN. ROGELIO M. NOLASCO
Member


COUN. LEVY M. TELA
Member

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Strike as One Fitness, Wellness and Dance Fitness Organization and Associations



Address: Bacoor Legislative and Disaster Resilience Bldg.
Bacoor Blvd., Brgy. Bayanan, City of Bacoor, Cavite
Trunkline: (048) 417-6727
Website: www.bacoorcityngp.com



Cert no. 24/181809



COMMITTEE ON HEALTH AND SANITATION

EXCERPTS FROM THE MINUTES OF THE REGULAR SESSION

CHS-001-2025

PCR-004-2025-(PCR-760-2025)

Office of the Sangguniang Panglungsod
Received by: *[Signature]*
Date: *07/11/2025*
Time: *4:30 pm*

Subject: *A resolution approving the project proposal of Dr. Maria Cristina Alberto on the creation of Health, Wellness, and Dance Fitness Organization and Associations in the City of Bacoor entitled: "Strike as One Federation of Health, Wellness and Dance Fitness and Associations and Instructors in Bacoor."*

(Date referred: July 07, 2025)

The 1st Regular Session of the 6th Sangguniang Panlungsod was held last July 07, 2025 at the Session Hall of the Sangguniang Panglungsod. City Vice Mayor Hon. Rowena Bautista Mendiola presided the Regular Session and was called to order at exactly 10:00 a.m.

City Councilor Hon. Catherine Sarino Evaristo led the invocation and Atty. Khalid Atega, Jr., Secretary of the Sangguniang Panlungsod proceeded with the roll call.

Upon reading and referral of agenda item No. **PCR-001-2025** – *"A resolution approving the project proposal of Dr. Maria Cristina Alberto on the creation of Health, Wellness, and Dance Fitness Organization and Associations in the City of Bacoor entitled: "Strike as One Federation of Health, Wellness and Dance Fitness and Associations and Instructors in Bacoor,"* City Councilor Hon. Reynaldo C. Palabrica moved the suspension of the internal rules and to archive the above-mentioned subject matter.

The motion was duly seconded by all the City Councilors present and the proposed resolution was archived.

City Councilor Hon. Simplicio Dominguez moved for the adjournment of the 1st Regular Session duly seconded by the majority of the members of the 6th

MINUTES OF THE COMMITTEE REPORT CHS-001-2025-PCR-001-2025(PCR-760-2025) Page 1
Strike as One Federation of Health, Wellness, and Dance Fitness Organization and Associations






Sangguniang Panlungsod. The regular session was adjourned at exactly 11:30 a.m.

Prepared by:


Ronaldo M. Verona
Administrative Aide

Attested by:


COUNCILOR REYNALDO C. PALABRICA
Chairman





Republic of the Philippines
Province of Cavite
CITY OF BACOOR
OFFICE OF THE SANGGUNIANG PANLUNGSOD



PCR 004-2025 (PCR 760-2025) – A RESOLUTION APPROVING THE PROJECT PROPOSAL OF DR. MARIA CRISTINA ALBERTO ON THE CREATION OF HEALTH, WELLNESS AND DANCE FITNESS ORGANIZATION AND ASSOCIATIONS IN THE CITY OF BACOOR ENTITLED: “STRIKE AS ONE FEDERATION OF HEALTH, WELLNESS AND DANCE FITNESS ASSOCIATIONS AND INSTRUCTORS IN BACOOR”.



Republic of the Philippines
Province of Cavite
CITY OF BACOOR
CITY ADMINISTRATOR'S OFFICE



ENDORSEMENT

TO : HON. CATHERINE SARINO EVARISTO
Acting Vice Mayor

THRU : ATTY. KHALID ATEGA JR.
Sangguniang Panlungsod Secretary

SUBJECT : PROJECT PROPOSAL – STRIKE AS ONE FEDERATION OF HEALTH, WELLNESS AND DANCE FITNESS ORGANIZATIONS AND ASSOCIATIONS IN BACOOR

DATE : 04 FEBRUARY 2025

OFFICE OF THE
SANGGUNIANG PANLUNGSOD
RECEIVED
BY: RUTH B. B. B.
Date: 2/6/25 Time: 11:31
BACOOR CITY, CAVITE

Greetings!

This has reference to the letter from Dra. Maria Cristina Alberto relative to their project proposal – Strike as One Federation of Health, Wellness and Dance Fitness Organizations and Associations in Bacoor.

The undersigned respectfully endorses the same to your good office for your careful consideration of the proposal within the regulations prescribed by existing rules and regulations.

Thank you.


ATTY. AIMEE TORREFRANCA-NERI
City Administrator



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Order of Business – 1st Regular Session (6th SP) , 07 July 2025, Monday

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Address: Bacoor Legislative and Executive Residences Bldg.,
Bacoor Blvd., City of Bacoor, Cavite
Telephone: (040) 117-0727
Website: www.bacoorcity.gov.ph



Cert. no. 2416-009



Republic of the Philippines
Province of Cavite
CITY OF BACOR
OFFICE OF THE SANGGUNIANG PANLUNGSOD



HOPE
Project



January 31, 2025

Hon. STRIKE B. REVILLA
Mayor
City of Bacoor

Cc: Atty. AJMEE TORREFRANCA-NERI
Bacoor City Administrator

Re: STROKE AS ONE FEDERATION OF HEALTH, WELLNESS AND DANCE FITNESS ORGANIZATIONS AND ASSOCIATIONS IN BACOR

Dear Mayor Strike,

May we present to you our project proposal entitled "Stroke As One Federation of Health, Wellness and Dance Fitness Organizations and Associations in Bacoor"

Please find attached file for your perusal.

Thank you in advance for your positive response.

Respectfully yours,


MARIA CRISTINA L. ALBERTO
Project Lead - HOPE Project
Chief of Staff on Health - Office of the Mayor

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Order of Business - 1st Regular Session (6th SP) , 07 July 2025, Monday



Address: Bacoor City Hall and Executive Office
Bacoor Municipal Building, Bacoor, City of Bacoor, Cavite
Telephone: (040) 117-0722
Website: www.bacoor-city.gov.ph



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Cert. no. 24161029



PROJECT PROPOSAL FOR THE CREATION OF HEALTH, WELLNESS AND DANCE FITNESS
ORGANIZATIONS AND ASSOCIATIONS IN THE CITY OF BACOR

AUTHOR: Maria Erikaña Iguchi-Alberio, MD, JPP
Chief of Staff of Mayor Strike B. Revilla on Health and Education
Office the Mayor

TITLE: STRIKE AS ONE FEDERATION OF HEALTH, WELLNESS AND DANCE FITNESS ASSOCIATIONS
AND INSTRUCTORS IN BACOR

STAKEHOLDERS:
Office of the Mayor
BHOACI
SPTA
LIONS CLUB
THE FRATERNAL ORDER OF EAGLES
SCOPS
HOPE IN ME CLUB
ZUMBA AND OTHER HEALTH GROUPS
DRUG COMPANIES
MEDICAL ASSOCIATIONS
PRIVATE DONORS AND SPONSORS

Introduction:

The proposed project aims to establish a comprehensive Health, Wellness and Dance Fitness program in the City of Bacoor targeting community engagement and promoting a healthier lifestyle through dance. This initiative will leverage the popularity of Zumba and other dance as a form of exercise to enhance physical fitness, mental well-being, and social interaction among residents.

Objectives:

1. Unite all health and fitness, dance, Zumba organizations in Bacoor for health and wellness program.
2. Offer free medical advice, education and consultation
3. Give free regular blood and health exams among members
4. Give free medicines
5. Go around different sites in Bacoor to promote and health and fitness activities

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Proposed Activities:

1. Regular Zumba Sessions every Saturday led by certified instructors to cater to all fitness levels.
2. Incorporate other dance styles such as hip-hop, salsa, aerobics and other ballroom dances to attract a wider audience.
3. Organize dance fitness events and challenges to encourage participation and foster community spirit.

Target Participants:

The program will be open to all age groups, including children, adults and seniors. Special efforts will be made to include individuals of varying fitness levels.

Budget:

The estimated budget will cover:

- Instructor fees (preferably two regular instructors)
- Promotional materials
- Refreshments

Conclusion:

By implementing this Health, Wellness and Dance Fitness program in Bacoor, we aim to create a vibrant community focused on health and well-being. This initiative is expected to have a lasting positive impact on the residents' physical and mental health, encouraging a more active lifestyle.

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