

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City, Metro Manila

FIFTEENTH CONGRESS
FIRST REGULAR SESSION

House Resolution No. _____

Introduced by **DIWA Party-list Representative Emmeline Y. Aglipay**

**A RESOLUTION URGING HIS EXCELLENCY PRESIDENT
BENIGNO SIMEON C. AQUINO III TO DECLARE EVERY LAST SATURDAY OF
APRIL AS "WORLD TAI CHI AND QIGONG DAY" IN THE PHILIPPINES**

WHEREAS, the global event of Tai Chi and Qigong Day is celebrated in over sixty (60) countries worldwide, across six (6) continents;

WHEREAS, World Tai Chi and Qigong Day events have been recognized by the United Nations World Health Organization (UNWHO) for participation in the UNWHO's "Move for Health" movement;

WHEREAS, World Tai Chi and Qigong Day has been officially proclaimed in 5 countries such as Argentina, Brazil, Canada, Puerto Rico, and USA, and is being celebrated in the following countries: Argentina, Australia, Austria, Belgium, Bolivia, Brazil, Bulgaria, Canada, China, Colombia, Croatia, Denmark, Dominican Republic, Ecuador, Egypt, El Salvador, Estonia, Finland, France, Germany, Greece, Guam, Guatemala, Hong Kong, Iran, Iraq, Ireland, Israel, Italy, Japan, Korea, Macedonia, Malta, Mexico, Nepal, Netherlands, Netherlands Antilles, New Zealand, Norway, Peru, Philippines, Poland, Portugal, Puerto Rico, Romania, Russia, Serbia and Montenegro, Slovakia, South Africa, Spain, Sweden, Switzerland, Thailand, Turkey, Ukraine, United Arab Emirates, United Kingdom, United States, Uruguay, and Venezuela;

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WHEREAS, Tai Chi is a Chinese traditional exercise which is a series of mindful, relaxed movements, increasingly found to benefit many areas of health, for people of different fitness levels;

WHEREAS, numerous studies have pointed out the benefits of Tai Chi including stress relief, improved balance and coordination among the elderly and improved behavior for adolescents with Attention Deficit and Hyperactivity Disorder;

WHEREAS, Tai Chi and Qigong are designed to provide increased strength, relaxation and general body conditioning from a series of well-founded and carefully described postures and positions;

WHEREAS, Tai Chi and Qigong Day is meant to bring practitioners together, and allow more people to learn about Tai Chi and Qigong through this day of celebration and practice, that will be celebrated around the world every last Saturday of April;

WHEREFORE, be it resolved that, the House of Representatives strongly urge His Excellency Benigno Simeon C. Aquino III to declare every last Saturday of April as “World Tai Chi and Qigong Day” in the Philippines.

Adopted,

EMMELINE Y. AGLIPAY
DIWA Party-list Representative

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