

I MINA'TRENTA NA LIHESLATURAN GUÅHAN
2010 (SECOND) Regular Session

Resolution No. 450-30 (COR)

Introduced by:

E. J.B. Calvo
J. V. Espaldon
Ray Tenorio
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F. B. Aguon, Jr.
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Judith P. Guthertz, DPA
Adolpho B. Palacios, Sr.
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R. J. Respicio
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Relative to recognizing Dr. Yoshiro Hatano, the world famous "10,000 Step Guru", and to welcome him as the featured guest of the Governor's Council on Physical Fitness and Sports Conference and "Family Fitness Fun and Island Unity Walk," held on October 1 through 3, 2010, in conjunction with World Walking Day.

1 **BE IT RESOLVED BY THE COMMITTEE ON RULES OF I**
2 ***MINA'TRENTA NA LIHESLATURAN GUÁHAN:***

3 **WHEREAS,** Dr. Yoshiro Hatano led a group of researchers in Japan in
4 the early 1960's which determined that the average person took thirty-five
5 hundred (3,500) to five thousand (5,000) steps per day, and that if it were to
6 increase to ten thousand (10,000) steps per day, the result would be a healthier
7 and thinner person; and

8 **WHEREAS,** Dr. Hatano's calculations showed that walking ten
9 thousand (10,000) steps a day burns about twenty percent (20%) of our caloric
10 intake through activity. Millions of people in Japan have been using this
11 amazingly simple, but highly effective, motivational tool for many years prior
12 to the modern pedometer, and Dr Yoshiro Hatano's research of ten thousand
13 (10,000) steps reached a wider audience in America in the early 1990's.
14 Researchers and the consumer market turned to the humble pedometer and
15 Dr Hatano's ten thousand (10,000) step research to try to increase activity
16 levels of the ever growing inactive population; and

17 **WHEREAS,** Dr. Hatano graduated from Gakugei University, Tokyo,
18 Japan, in 1951. He attained his Ph.D. in Physical Education as a Fulbright
19 Exchange Scholar at the University of Oregon, and he was conferred a Masters
20 Degree in Physical Education from Michigan State University. From 1981 to
21 1998, Dr. Hatano served as a Professor and Assistant Professor of Physiology
22 and Kinesiology at his *alma mater*, Tokyo Gakugei University; from 1998 to

1 2000, he served at the National Institute of Fitness and Sport in Kanyoa, Japan;
2 and from 2000 to 2008, he served as the Department Chair and Professor at the
3 Kyushu University of Health and Welfare; and

4 **WHEREAS**, Dr. Hatano is a seventy-five (75) year old walking phenom,
5 who has served as an Adjunct Professor at Roanoke College in Salem,
6 Virginia, and as a Visiting Professor at Chiba University in Japan; and he also
7 has served as the International Vice President, the Asia Regional Vice
8 President, the Secretary General, and the Finance Chair of the International
9 Council for Health, Physical Education, Recreation, Sport, and Dance
10 (ICHPER•SD); and

11 **WHEREAS**, Dr. Yoshiro Hatano has authored thirty-eight (38) books,
12 and he has written more than three hundred (300) articles in professional
13 journals specializing in sports science, health science, and fitness testing; and

14 **WHEREAS**, the Governor's Council on Physical Fitness and Sports is
15 bringing Dr. Yoshiro Hatano to Guam as the featured guest for its 2010
16 "World Walking Day WALKTOBER Project", with walking events on Friday,
17 October 1st – MINI CONFERENCE ON WALKING FOR THE HEALTH OF IT;
18 on Saturday, October 2nd – MALL WALK at Guam Premier Outlets (GPO);
19 and on Sunday, October 3rd – FAMILY FITNESS FUN & ISLAND UNITY
20 WALK through *Hagåtña's* HERITAGE TRAIL (Guam's Outdoor Museum for
21 appreciating Guam's history and culture while walking); and

1 **WHEREAS**, the sponsors and partners of Guam’s WALKTOBER
2 celebration of WORLD WALKING DAY include: the Guam Visitors Bureau;
3 ANZ Guam, Inc.; the Pacific Islands Club; Calvo’s SelectCare; Kontenda’s
4 Fitness Gym; Synergy Studio; the Guam Walking Association; the American
5 Cancer Society; the Department of Public Health & Social Services;
6 Micronesian Seminar; the Department of Parks and Recreation; Foremost
7 Foods; Strides for a Cure; the Guam Memorial Hospital; the Get Healthy
8 Guam Coalition; the Get Up and Move "Healthy Guam Initiative"; Pay-Less
9 Supermarkets; and the Cocos Island Resort; and

10 **WHEREAS**, Dr. Yoshiro Hatano has spent much of his time actively
11 teaching and speaking throughout the world on topics addressing problems
12 of obesity in adults, and alarmingly, in children; now, therefore, be it

13 **RESOLVED**, that the Committee on Rules of *I Mina’Trenta Na*
14 *Liheslaturan Guåhan* does hereby, on behalf of *I Liheslaturan Guåhan* and the
15 people of Guam, recognize and commend Dr. Yoshiro Hatano, the world
16 famous “10,000 Step Guru,” and does welcome him as the featured guest of
17 the Governor’s Council on Physical Fitness and Sports Conference and
18 “Family Fitness Fun & Island Unity Walk”, held on October 1 through 3, 2010,
19 in conjunction with World Walking Day; and, be it further

20 **RESOLVED**, that the Speaker and the Chairperson of the Committee on
21 Rules certify, and the Legislative Secretary attest to, the adoption hereof, and
22 that copies of the same be thereafter transmitted to Dr. Yoshiro Hatano; to

- 1 Attorney Patrick Wolff, Chair, Governor's Council on Physical Fitness and
- 2 Sports; and to the Honorable Felix P. Camacho, *I Maga'lahaen Guåhan*.

**DULY AND REGULARLY ADOPTED BY THE COMMITTEE ON RULES
OF *I MINA'TRENTA NA LIHESLATURAN GUÅHAN* ON THE 1ST DAY OF
OCTOBER, 2010.**



JUDITH T. WON PAT, Ed.D.

Speaker



RORY J. RESPICIO

Chairperson, Committee on Rules



TINA ROSE MUÑA BARNES

Legislative Secretary