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<th>Resolution No.</th>
<th>Sponsor</th>
<th>Title</th>
<th>Date Intro</th>
<th>Date of Presentation</th>
<th>Date Referred</th>
<th>Committee / Ofc Referred</th>
<th>Date Adopted</th>
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<tr>
<td>387-32 (COR)</td>
<td>MIKE LIMTIACO</td>
<td>Relative to commending and congratulating Custom Fitness on the occasion of its first year anniversary; and to further extending Un Dångkolo Na Si Yu’osMa’āse’ to Custom Fitness CrossFitGofMetgot for its commitment to excellence in wellness and fitness contributions.</td>
<td>5/20/2014</td>
<td>5/24/14 6:00 pm</td>
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<td>05/23/14</td>
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Resolution No. 387-32 (COR)

Introduced by: Michael T. Limtiaco
R. J. Respicio
T. C. Ada
V. Anthony Ada
FRANK B. AGUON, JR.
B. J.F. Cruz
Chris M. Dueñas
Brant T. McCreadie
Tommy Morrison
T. R. Muña Barnes
Vicente (ben) C. Pangelinan
Dennis G. Rodriguez, Jr.
Michael F. Q. San Nicolas
Aline A. Yamashita, Ph.D.
Judith T. Won Pat, Ed.D.

Relative to commending and congratulating Custom Fitness on the occasion of its One Year Anniversary; and to further extending Un Dångkolo Na Si Yu’os Ma’åse’ to Custom Fitness CrossFit Gof Metgot for its commitment to excellence in wellness, fitness, and healthy lifestyles, and for its contributions to cancer awareness.

BE IT RESOLVED BY THE COMMITTEE ON RULES OF I MINA'TRENTAI DOS NA LIHESLURAN GUÅHAN:

WHEREAS, Paul and Ryan Claros were born and raised on Guam and founded Custom Fitness in 2012. They have been active members of the Guam athletic community for the past fifteen years, both as athletes and coaches, and saw a gap that existed between appropriate preparation, proper execution, and correct programming for daily fitness and sports performance; and
WHEREAS, the lack of integration of all functional components validates the need for Custom Fitness. Custom Fitness, in and of itself, is a multidisciplinary approach to health, fitness and nutrition. With the integration of scientific programming and collaboration of a health team, Custom Fitness is designed to fill the gaps which people often are not aware of or knowledgeable about. The addition of the rehabilitative component truly makes Custom Fitness all-inclusive for health and wellness needs. Succinctly stated, “appropriate preparation + proper execution = advanced performance.” Knowing that no man is an island, Paul and Ryan saw that they would need a qualified and trustworthy team to turn their vision into reality, so they recruited Paul’s god-brother, standout rugby athlete, Steven Sablan, and his sister-in-law, Samantha King Sablan, to round out the team; and

WHEREAS, as a woman-owned and managed small business, Custom Fitness has four educated and knowledgeable individuals at the helm; and

WHEREAS, the Custom Fitness Director of Programming and Rehabilitative Services is Ryan Robert Claros, PT, DPT, MS, CSCS, who has a Bachelor of Science in Kinesiology, with an Emphasis in Fitness, Nutrition, and Health from San Diego State University; as well as a Masters in Exercise Physiology from San Diego State University. He also holds a Doctorate in Physical Therapy from the University of St. Augustine for Health Sciences; and

WHEREAS, the Custom Fitness Director of Team Sports and CrossFit Gof Metgot is Paul Patrick Claros, who holds a Bachelor of Arts in Health, Physical Education, Recreation and Dance, with a concentration in Exercise Science and Wellness, from the University of Guam. Paul also has experience in owning and operating a small business, and has extensive marketing and advertising experience; and

WHEREAS, the Custom Fitness Director of CrossFit Kids Gof Metgot is Steven Sablan, who is currently studying at California University of Pennsylvania, and who received his Bachelor of Science in Sports Management, Wellness, and Fitness, in May 2014; and
WHEREAS, the Custom Fitness President of Operations is Samantha King Sablan, who has experience in running and operating a small business, and who has an interdisciplinary Bachelor of Arts from Seattle University, a prestigious liberal arts college; and

WHEREAS, Custom Fitness is a functional fitness facility offering consumers a wide variety of professional health and wellness programs, including rehabilitative services provided by its in-house physical therapist; personal training; team and sport-specific training; corporate wellness; nutritional advice; and CrossFit, a principal strength and conditioning program that is broad, general, and all-inclusive, and designed for universal scalability; and

WHEREAS, Custom Fitness seeks to be the most successful and recognized facility in providing the means, expertise, motivation, and atmosphere that will enable people of all fitness levels to achieve their individual fitness, health, and wellness goals, and to simply feel better. Custom Fitness offers the finest equipment and stimulating and diversified classes, and employs the most knowledgeable, educated, and experienced professionals; and

WHEREAS, Custom Fitness prides itself in integrating with the community, supporting worthwhile causes dear to their hearts, and being a family with its members. Since its inception, Custom Fitness has participated in many local activities, events, and projects. Custom Fitness provides trainers for the Guam National Women’s Basketball Team. Custom Fitness is also currently the official training facility for the Men’s and Women’s National Rugby Teams; and

WHEREAS, also as part of its community service, Custom Fitness has provided workshops and demonstrations for a variety of worksites; they facilitated the “Kids 4 the Cure” program for Guam Cancer Care, where the coaches visit schools island-wide in an effort to raise awareness on fitness and nutrition; and most recently, they participated in the United Plane Pull. Custom Fitness actively supports its members, and has hosted fundraisers to support the American Cancer Society’s “Relay For Life” in honor of Tim Santos, Jr., who succumbed to pancreatic cancer at
the young age of twenty-eight. Custom Fitness, a CrossFit affiliate, will be proudly
defined at the CrossFit Asia Regionals by one of its esteemed coaches. Custom
Fitness holds monthly community Workouts of the Day (WOD) to facilitate healthy
lifestyles and activities, and donates all proceeds to the following charities, among
others: "Barbells for Boobs" (which pays for underprivileged women to have
mammograms); "31 Heroes" (which donates to the families of warriors that died in
combat); and the Pancreatic Cancer Network; now therefore, be it

RESOLVED, that the Committee on Rules of I Mina'Trentai Dos Na
Lihe'sluran Guåhan does hereby, on behalf of I Lihe'sluran Guåhan and the people
of Guam, commend and congratulate Custom Fitness and its young entrepreneurs on
the occasion of its One Year Anniversary; and does further extend Un Dångkolo Na Si
Yu'os Ma'âse' to Custom Fitness CrossFit Gof Metgot for its commitment to
excellence in wellness, fitness, and healthy lifestyles, and for its contributions to
cancer awareness; and be it further

RESOLVED, that the Speaker and the Chairperson of the Committee on Rules
certify, and the Legislative Secretary attest to, the adoption hereof, and that copies of
the same be thereafter transmitted to Custom Fitness CrossFit Gof Metgot; and to the
Honorable Edward J.B. Calvo, I Maga'lahen Guåhan.

DULY AND REGULARLY ADOPTED BY THE COMMITTEE ON RULES OF
I MINA'TRENTAI DOS NA LIHE'SLURAN GUÅHAN ON THE 23RD DAY OF
MAY 2014.

JUDITH T. WON PAT, Ed.D.
Speaker

RORY J. RESPICIO
Chairperson, Committee on Rules

TINA ROSE MUÑA BARNES
Legislative Secretary
Resolution No. 387-32 (COR) Michael T. Limtiaco. - “Relative to commending and congratulating Custom Fitness on the occasion of its One Year Anniversary; and to further extending Un Dāngkolo Na Si Yu’os Ma’āse’ to Custom Fitness CrossFit Gof Metgot for its commitment to excellence in wellness, fitness, and healthy lifestyles, and for its contributions to cancer awareness.

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<th>Member</th>
<th>Signature</th>
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<th>To Adopt</th>
<th>To Not Adopt</th>
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<tr>
<td>SENATOR RORY J. RESPICIO Chairperson</td>
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<td>SENATOR THOMAS C. ADA Vice-Chairperson</td>
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<td>SPEAKER JUDITH T. WON PAT, Ed.D. Member</td>
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<td>VICE-SPEAKER BENJAMIN J.F. CRUZ Member</td>
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<td>LEGISLATIVE SECRETARY TINA ROSE MUNA BARNES</td>
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<td>SENATOR DENNIS G. RODRIGUEZ, JR. Member</td>
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<td>SENATOR MICHAEL F.Q. SAN NICOLAS Member</td>
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<td>SENATOR V. ANTHONY ADA Minority Member</td>
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<td>SENATOR ALINE YAMASHITA Minority Member</td>
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For Sponsor’s Office Use Only
Sponsor Signature: [Signature]
Staff Contact Person: John [Signature] 5.25.14

Date: 2014 MAY 23

For COR/Clerk’s Office Use Only
Certified: [Signature] Returned: [Signature] 5.25.14
Name: John [Signature]
Date: [Signature]
Notes: