

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

2010 SEP 23 AM 10:15
WAA

Resolution No. 450-30(cor)

Introduced by:

Edward J.B. Calvo

James V. Espaldon

Ray Tenorio

Relative to recognizing Dr. Yoshiro Hatano, the world famous "10,000 step guru", as the featured guest for the Governor's Council on Physical Fitness & Sports "Family Fitness Fun & Island Unity Walk" in conjunction with World Walking Day, October 3, 2010.

BE IT RESOLVED BY THE COMMITTEE ON RULES OF I MINA' TRENTA NA LIHESLATURAN GUÅHAN:

WHEREAS, Dr. Yoshiro Hatano led a group of researchers in Japan in the early 1960's which determined that the average person took 3,500 to 5,000 steps per day, and that if they were to increase their steps to 10,000 steps per day the result would be healthier, thinner people; and

WHEREAS, Dr. Hatano's calculations showed that 10,000 steps a day burns about 20 percent of our caloric intake through activity. Millions of Japanese have been using this amazingly simple, but highly effective, motivational tool for many years prior to the modern pedometer and Dr Yoshiro Hatano's research of 10,000 steps reached a wider audience in America in the

early 90's. Researchers and the consumer market turned to the humble pedometer and Dr Hatanos' 10,000 step research to try to increase activity levels of the ever growing inactive population; and

WHEREAS, Dr. Hatano graduated from Gakugei University, Tokyo, Japan in 1951. He attained his Ph.D. in Physical Education as a Fulbright exchange scholar at the University of Oregon and was conferred a Masters in Physical Education from Michigan State University. From 1981 – 1998, Dr. Hatano was a professor and assistant professor of Physiology and Kinesiology at his *alma mater*, Tokyo Gakugei University and at the National Institute of Fitness and Sport at Kanyoa, Japan from 1998 – 2000, and served as the Department Chair and professor at the Kyushu University of Health and Welfare from 2000 – 2008; and

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

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

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

WHEREAS, sponsors and partners of Guam's WALKTOBER celebration of WORLD WALKING DAY include the Guam Visitors Bureau (GVB), ANZ Guam, Inc., the Pacific Islands Club (PIC), Calvo's SelectCare, Kontenda's Fitness Gym, Synergy Studio, the Guam Walking Association, the American Cancer Society, the Department of Public Health & Social Services (DPHSS), Micronesian Seminar (?), the Department of Parks & Recreation, Foremost Foods, Strides for a Cure, the Guam Memorial Hospital (GMH), the Get Healthy Guam Coalition, the Get Up and Move "Healthy Guam Initiative", Pay-Less Supermarkets, and Cocos Island Resort; and

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

RESOLVED, that the Committee on Rules of *I Mina'Trenta Na Liheslaturan Guåhan* does hereby, on behalf of the people of Guam, recognize Dr. Yoshiro Hatano, the world famous "10,000 step guru," as the featured guest for the

Governor's Council on Physical Fitness & Sports "Family Fitness Fun & Island Unity Walk" in conjunction with World Walking Day, October 3, 2010; and, be it further

RESOLVED, that the Speaker and the Chairperson of the Committee on Rules certify, and the Legislative Secretary attests to, the adoption hereof and that copies of the same be thereafter transmitted to Dr. Yoshiro Hatano, Attorney Patrick Wolff, Chair, Guam Governor's Council on Physical Fitness & Sports", and to the Honorable Felix P. Camacho, *I Maga'lahaen Guåhan*.

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

JUDITH T. WON PAT, Ed. D.
Speaker

RORY J. RESPICIO
Chairperson, Committee on Rules

EDWARD J. B. CALVO
Senator