

EIM Philippines



Hercules Callanta

National Center Director

Hercules Callanta, MSc

Affiliation

University of Philippines Diliman

Host Institution – Philippine Association for the Study of Overweight and Obesity (PASOO)



Philippine Association
for the Study of
Overweight and Obesity

The Philippine Association for the Study of Overweight and Obesity (PASOO) seeks to be a pioneer in the prevention and control of obesity and its complications through education research and advocacy. Our vision is to achieve an obesity risk-free nation.

National Center Advisory Board Affiliation

Prof Hercules P. Callanta	<ul style="list-style-type: none"> • Associate Professor, College of Human Kinetics, University of Philippines Diliman • Consultant member, Technical Committee for Physical Education, Commission on Higher Education
Jerome A. Porto, LPT, DPd	<ul style="list-style-type: none"> • Associate Professor, University of Santo Tomas • Member, CHED Regional Quality Assessment Team • International Ambassador of the International Organization for Health, Sports, and Kinesiology
Marla Frances T. Mallari, PhD	<ul style="list-style-type: none"> • Associate Professor, Department of Sports Science, Chair, University of Philippines College of Human Kinetics
Alejandro V. Pineda Jr., MD, DFm, FPAFP	<ul style="list-style-type: none"> • Professor II, Department of Preventive, Family and Community Medicine, Department of Family and Community Medicine, UST Hospital
Michael D. Rosario, MD	<ul style="list-style-type: none"> • Board Member, Philippine Association for the Study of Overweight & Obesity (PASOO)
Christopher Emmanuel S. Callanta	<ul style="list-style-type: none"> • Strength & Conditioning Coach (University of the Philippines men’s basketball, Petrogazz Angels volleyball, Alab Philipinas basketball)

2021 Goals

- Complete targeted trainings for the Exercise Prescription Course
 - Establish a system of linkage or referral between trained physicians and fitness professionals
 - Work to accredit exercise professionals in the big fitness clubs (i.e., Gold's Gym) and help set guidelines for the accreditation of fitness facilities
 - Integrate the EIM Solution into healthcare system
 - Expand the EIM On Campus program to other major universities beyond the University of Philippines Diliman
 - Expand the EIM presence to other regions of the Philippines
 - Balance the number of trained healthcare providers and exercise professionals (currently many more trained HCPs)
 - Develop a webinar series on EIM for both the general public and health professionals about the EIM Solution
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Accomplishments to Date

- Officially establish the EIM Philippines National Center in June 2015
 - Sent two doctors and two fitness professionals to receive EIM training from EIM Singapore (2014)
 - Conducted numerous EIM trainings for both healthcare providers and exercise professionals across the Philippines
 - Presented at a featured symposium at the Global Forum on Research and Innovation for Health (FORUM2015)
 - EIM training to all post-graduate interns in family medicine at the University Saint Thomas
 - EIM training module (3 hours) included in University Saint Thomas training of rehabilitation sciences
 - Sponsored a campaign, along with the University of the Philippines College of Human Kinetics on a campaign called "SIPA in COVID 19" (short, incidental physical activity) (2020)
 - Expanded Advisory Board to include exercise professional representatives (2020)
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**Exercise
is Medicine®
Philippines**