



Hercules Callanta

**National Center Director**  
Hercules P. Callanta, Ms.C.

**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. PASOO aims to encourage research in the field of prevention and management of overweight and obesity and to serve as the authoritative voice on and serve as a forum for the exchange of scientific information. The association conducts workshops, formulates study protocols, and presents current work at annual convention. The overall vision of PASOO is to achieve an obesity risk-free nation.

**National Center Advisory Board Affiliation**

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

## 2023 Goals

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- Expand the EIM presence to other regions of the Philippines
  - Introduce EIM to the Philippine Department of Health
  - Develop collaboration with the Provincial Health Office in Dumaguete City
  - Integrate the EIM Solution into healthcare system
  - Establish a system of linkage or referral between trained physicians and fitness professionals
  - Complete targeted trainings of the exercise prescription course with exercise 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
  - Expand the EIM On Campus program to other major universities beyond the University of Philippines Diliman
  - Develop a webinar series on EIM for both the general public and health professionals
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## Accomplishments to Date

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- Officially establish the EIM Philippines National Center (June 2015)
- Conducted numerous EIM trainings for both healthcare providers and exercise professionals across the Philippines
- Presented on physical activity assessment, prescription, and referral at the 2022 PASOO Annual Convention
- Expanded Advisory Board to include exercise professional representatives (2020)  
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)
- 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
- Sent two doctors and two fitness professionals to receive EIM training from EIM Singapore (2014)

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is Medicine®  
Philippines**