

THE NATIONAL FITNESS DAY BILL, 2016

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# A BILL

## FOR

AN ACT TO ESTABLISH A NATIONAL DAY TO PROMOTE FITNESS FOR ALL NIGERIANS AND FOR RELATED MATTERS

*Sponsored by Hon. Douye Diri*

[ ] Commencement

ENACTED by the National Assembly of the Federal Republic of Nigeria as follows:

- 1           1. The objects of the Act are to:
- 2           (a) to increase awareness among Nigerians of the significant
- 3           benefits of physical activity;
- 4           (b) encourage Nigerians to increase their level of physical activity
- 5           and their participation in recreational sports and fitness activities;
- 6           (c) improve the health of all Nigerians and to reduce the burden of
- 7           illness on Nigerian families and on the Nigerian health care system;
- 8           2. The general principles of the Bill are that:
- 9           (a) local governments, neighborhoods and Communities must
- 10          have recreation Facilities to promote the health and fitness of their citizens;
- 11          (b) the Government of Nigeria should encourage all Federal, State
- 12          and Local Government Secretariats to have Fitness Centers to periodically
- 13          carry out Fitness Assessment Tests (FATs) on the workers and recommend
- 14          Fitness Regimens and Exercises for the workers;
- 15          (c) every tertiary institution of learning must be encouraged to let
- 16          students receive a Fitness clearance at the beginning of every session and
- 17          designate a time, known as, "Fitness Time" at least once in a week so
- 18          students are expected to engage in fitness related exercises at this period;
- 19          (d) Multinational companies and Corporate Organizations should
- 20          be encouraged to facilitate staff participation in healthy physical activities;

Objects of the Bill

General principles of the Bill

Implementation of the Bill	1	3.-(a) The Amateur Bodybuilding and Fitness Federation of Nigeria
	2	(ABBFN) and its affiliates shall be the authorized body to regulate, control and
	3	certify Fitness related matters, events, trainings and Seminars to bring about
	4	sanity in the fitness industry;
	5	(b) Local governments, non-governmental organizations, the private
	6	sector, and all Nigerians to recognize the first Saturday in June as National
	7	Fitness Day;
	8	(c) mark the day with local events and initiatives celebrating and
	9	promoting the importance and use of local health, recreational, sports and
	10	fitness facilities;
	11	(d) it is expedient to declare the first Saturday in June of every year, to
	12	be National Fitness Day to further encourage Nigerians to participate in
	13	physical activities and contribute to their own health and well-being.
Interpretation	14	4. In this Bill:
	15	For greater certainty, National Fitness Day shall not be a legal holiday or a non-
	16	judicial day.
Short Title	17	5. This Bill may be cited as the National Fitness Day Bill, 2016.

#### EXPLANATORY MEMORANDUM

This Bill seeks to increase awareness among Nigerians of the significant benefits of physical activity, encourage Nigerians to increase their level of physical activity and their participation in recreational sports and fitness activities; commemorate throughout Nigeria, in each and every year, the first Saturday in June as "National Fitness Day", with activities, events and public awareness programs, tailored towards motivating, boosting and enhancing healthy lifestyle and Fitness culture in Nigeria.