

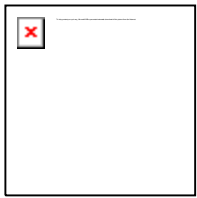
From: Committee on Rules 36GL <cor@guamlegislature.org>
Sent: Tuesday, October 5, 2021 8:00 AM
To: Clerks; Rennae Meno
Cc: Speaker Therese M. Terlaje
Subject: Messages and Communications for Doc. No. 36GL-21-1112*
Attachments: 36GL-21-1112.pdf

Håfa Adai Clerks,

Please see attached M&C Doc. No. 36GL-21-1112 for processing:

36GL-21-1112	Fitness and Wellness Exemption Request*	Clare Calvo, Synergy Studios
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Si Yu'os Ma'åse',



COMMITTEE ON RULES

Vice Speaker Tina Rose Muña Barnes
36th Guam Legislature
I Mina'trentai Sais Na Liheslaturan Guåhan
163 Chalan Santo Papa Hågatña Guam 96910
Email: cor@guamlegislature.org

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----- Forwarded message -----

From: **Speaker Therese M. Terlaje** <speaker@guamlegislature.org>
Date: Mon, Oct 4, 2021 at 6:45 PM
Subject: Messages and Communications for 36GL-21-1112
To: Legislative Secretary Amanda Shelton <officeofsenatorshelton@guamlegislature.org>, Committee on Rules 36GL <cor@guamlegislature.org>

Håfa Adai,

Please see attached M&C Doc. No. 36GL-21-1112.

36GL-21-1112	Fitness and Wellness Exemption Request.*	Clare Calvo, Synergy Studios
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Si Yu'os Ma'åse',

Maria Abante
Legislative Assistant

Office of Speaker Therese M. Terlaje

Committee on Health, Land, Justice and Culture

I Mina'trentai Sais na Liheslaturan Guåhan

36th Guam Legislature

Office Location: Ada Plaza Center, Suite 207, 173 Aspinall Avenue, Hagåtña, Guam 96910

Address: Guam Congress Building, 163 Chalan Santo Papa, Hagåtña, Guam 96910

T: (671) 472-3586 F: (671) 989-3590 Email: speaker@guamlegislature.org

website: www.senatorterlaje.com

----- Forwarded message -----

From: **Clare Calvo** <clare.synergyguam@gmail.com>

Date: Mon, Oct 4, 2021 at 3:41 PM

Subject: Fitness and Wellness Exemption Request

To: speaker@guamlegislature.org <speaker@guamlegislature.org>

Hafa Adai Speaker Terlaje,

In our industry of fitness, health, and wellness, we as proponents and advocates for preventative care through, but not limited to, methods of exercise, nutrition, and overall holistic modalities, respectfully request an exemption from vaccine mandates. Long standing data has continued to provide the conclusion that simple steps in lifestyle and diet can greatly impact our overall health and wellness. Guam's high rate of lifestyle diseases continue to rise and contribute to our current alarming death rate of "covid deaths".

According to the CDC, the epidemic of obesity is greatly impacting the severity of the Covid 19 pandemic, with stress-related conditions weighing in as the second biggest factor. The health, fitness, and wellness gym businesses of Guam provide our island a place of health care. From mental emotional health to physical health, exercise has long been touted as "medicine". The current state of our island, and our world, need now more than ever, the encouragement and the availability of our services.

According to the National Institute of Health, Exercise is considered one of the main components of healthy living. In addition to the functions related to the prevention of excess body weight, systemic inflammation, and chronic diseases, a potential benefit of physical exercise in reducing illness, including viral pathologies, is apparent. The practice of physical exercise significantly alters the immune system. Studies indicate that the modulation of the immune response related to exercise depends on factors such as regularity, intensity, duration and type of effort applied.

According to NIH's National Library of Medicine:

- Exercise may help flush germs out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness.
- Exercise causes change in antibodies and white blood cells (WBC). WBCs are the body's immune system cells that fight disease. These antibodies or WBCs circulate more rapidly, so they could detect illnesses earlier than they might have before.
- Exercise slows down the release of stress hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness.

As fitness and wellness business owners, we have followed all the health and safety protocols. We kept our business at 50% capacity, even when we were free to open up to full capacity. Over the past seventeen years, we have journeyed with clients who were able to lower their numbers from blood pressure to sugar levels, reduce the amount of prescribed medications, exercise monthly to daily; basically take accountability for their overall health.

Our business is a place of fitness, health, and wellness. We hope to align and collaborate with our esteemed medical care professionals in their efforts to bring our island back to optimum health (fitness and wellness).

As delivered to your office last week, Sept 30, 2021, along with the Governor and Lieutenant Governor's office, I have attached the collective signatures of businesses and independent contractors in this industry that also identify as a source of fitness, health, and wellness. Together, we are respectfully requesting an exemption from the current vaccine mandate placed on our industry's owners, staff, instructors, and members/ clients. Our goal and hope is to align, unify, and collaborate with our esteemed medical care professionals in their efforts to bring our island to optimum health, fitness and wellness. Please consider our efforts and sincere intent. Dangkulu Na Si Yu'us Ma'ase!

Respectfully,

Clare Calvo

Office of Speaker Therese M. Terlaje
Committee on Health, Land, Justice and Culture

I Mina'trentai Sais na Liheslaturan Guåhan

36th Guam Legislature

Office Location: Ada Plaza Center, Suite 207, 173 Aspinall Avenue, Hagåtña, Guam 96910

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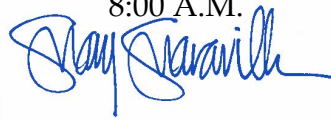
website: www.senatorterlaje.com

COMMITTEE ON RULES

RECEIVED:

October 5, 2021

8:00 A.M.



2021 September

Buenas yan Hafa Adai Speaker Terlaje,

Doc Type: 36GL-21-1112
OFFICE OF THE SPEAKER
THERESE M. TERLAJE

~~08~~ 30 2021

Time: 2:44pm

Received: JA

In our industry of fitness, health, and wellness, we as proponents and advocates for preventative care through, but not limited to, methods of exercise, nutrition, and overall holistic integrative functional modalities, respectfully request an exemption from vaccine mandates. Long standing data has continued to provide the conclusion that crucial steps in lifestyle and diet greatly impact our overall health and wellness. Guam's high rate of lifestyle diseases continue to rise and contribute to our current alarming "covid deaths" rate. In the spirit of "health care", it is imperative that our industry's services are provided to our community, regardless of vaccine status. Everyone deserves a safe and supportive space where they are encouraged, motivated, and inspired to reach optimum fitness, health, and wellness goals, of which we provide.

According to the CDC, the epidemic of obesity is greatly impacting the severity of the Covid 19 pandemic, with stress-related conditions weighing in as the second biggest factor. The health, fitness, and wellness gym businesses of Guam provide our island a place of health care. From mental emotional health to physical health, exercise has long been touted as "medicine". The current state of our island, and our world, needs now more than ever, the encouragement and the availability of our services.

According to the National Institute of Health, Exercise is considered one of the main components of healthy living. In addition to the functions related to the prevention of excess body weight, systemic inflammation, and chronic diseases, a potential benefit of physical exercise in reducing illness, including viral pathologies, is apparent. The practice of physical exercise significantly alters the immune system. Studies indicate that the modulation of the immune response related to exercise depends on factors such as regularity, intensity, duration and type of effort applied.

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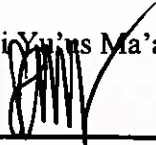
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As fitness and wellness business owners, we have followed all the health and safety protocols. We kept our business at 50% capacity, even when we were free to open up to full capacity. Over the past seventeen years, we have journeyed with clients who were able to lower their numbers

from blood pressure to sugar levels, reduce the amount of prescribed medications, exercise monthly to daily; basically take accountability for their overall health.

Below are collective signatures of businesses that also identify as a place of fitness, health and wellness. Together, we are respectfully requesting an exemption from the current vaccine mandate placed on our industry's owners, staff, instructors, and members/clients. Our goal and hope is to align, unify and collaborate with our esteemed medical care professionals in their efforts to bring our island back to optimum health (fitness and wellness).

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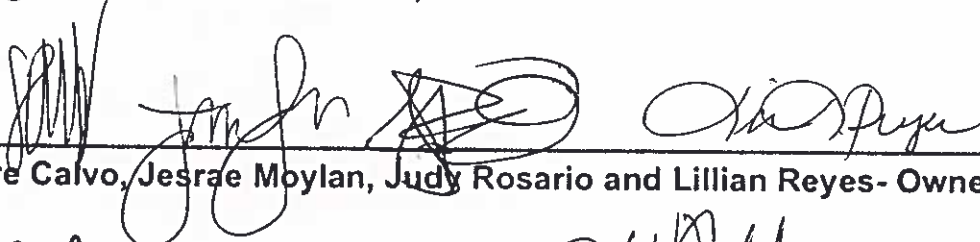



Clare Calvo, Owner of Synergy Studios

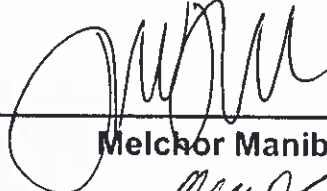
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Dangkulu Na Si Yu'us Ma'ase,


Clare Calvo, Jesrae Moylan, Judy Rosario and Lillian Reyes- Owners Synergy Studios


Samantha Sablan, Custom Fitness


Melchor Manibusan, Spike 22

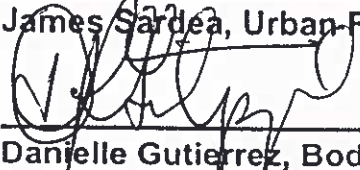

Raque Martinez Spike 22

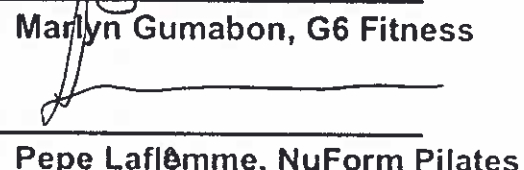

Kevin Jalique, Guam Muay Thai


Teri Knapp, SKIP


James Sardea, Urban Fitness



Marilyn Gumabon, G6 Fitness



Danielle Gutierrez, Body Arts


Pepe Laflamme, NuForm Pilates


Sarah Langston, Lotus Yoga

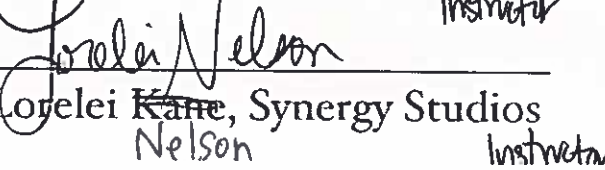

Frank and Sarah Camacho, Crank

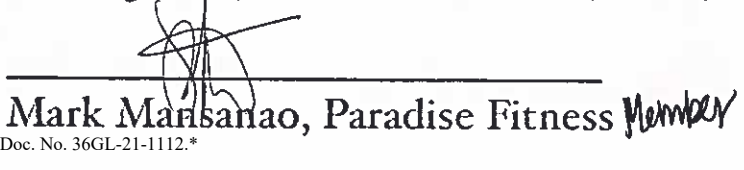

Dr. Horinuchi, Horinuchi Wellness


Dr. Hoa Nguyen, AMC


Leona Arevalo, Synergy Studios
Instructor


Bella Jones, Paradise Fitness
Instructor


Lorelei Kane Nelson, Synergy Studios
Instructor



Mark Mansanao, Paradise Fitness
Member

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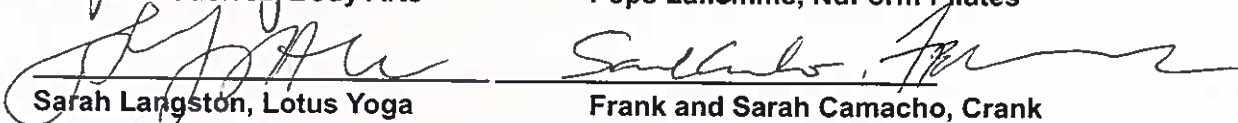

Clare Calvo, Jesrae Moylan, Judy Rosario and Lillian Reyes- Owners Synergy Studios


Samantha Sablan, Custom Fitness Melchor Manibusan, Spike 22 Reque Martinez, spike2


Kevin Jalique, Guam Muay Thai Teri Knapp, SKIP

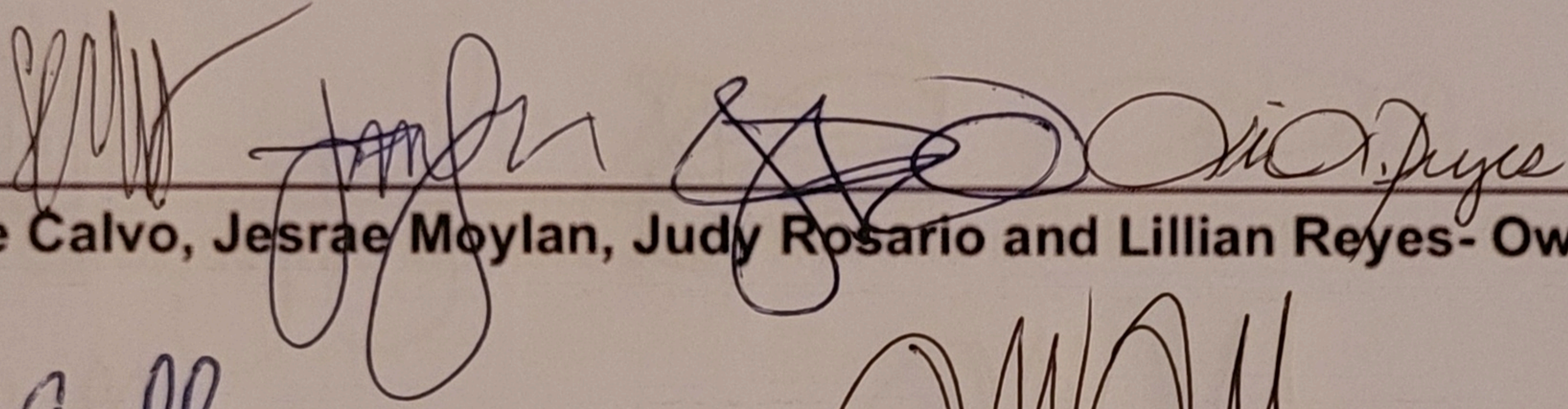

James Sardea, Urban Fitness Marilyn Gumabon, G6 Fitness


Danielle Gutierrez, Body Arts Pepe Laflemme, NuForm Pilates

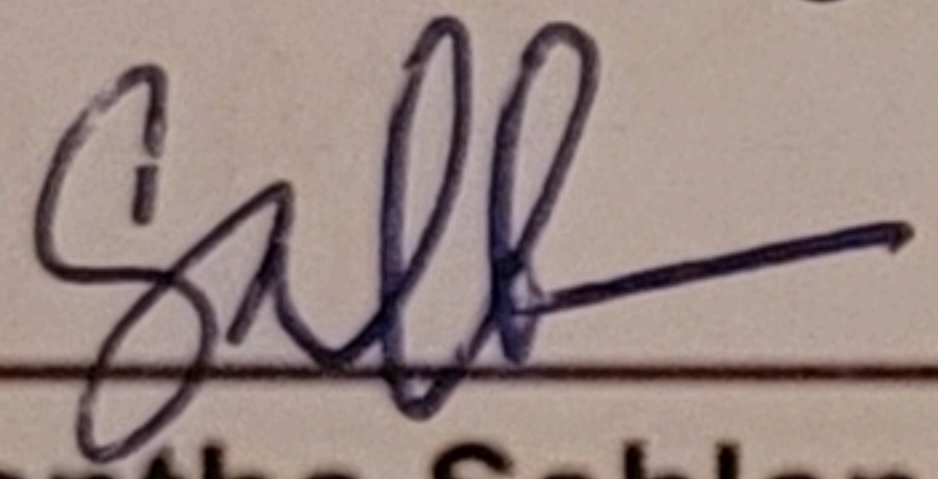

Sarah Langston, Lotus Yoga Frank and Sarah Camacho, Crank


Dr. Horinuchi, Horinuchi Wellness Dr. Hoa Nguyen, AMC

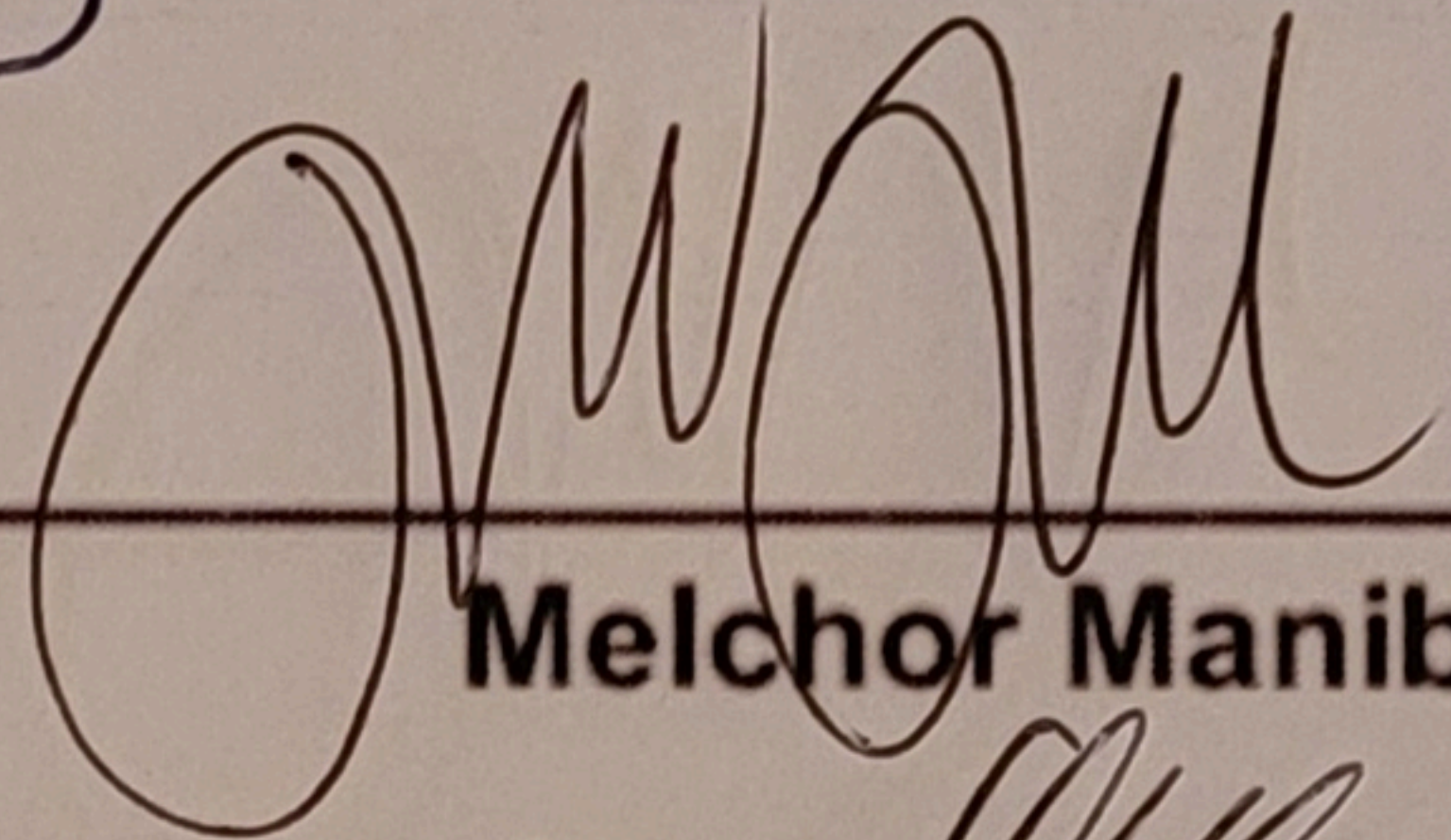
Dangkulu Na Si Yu'us Ma'ase,



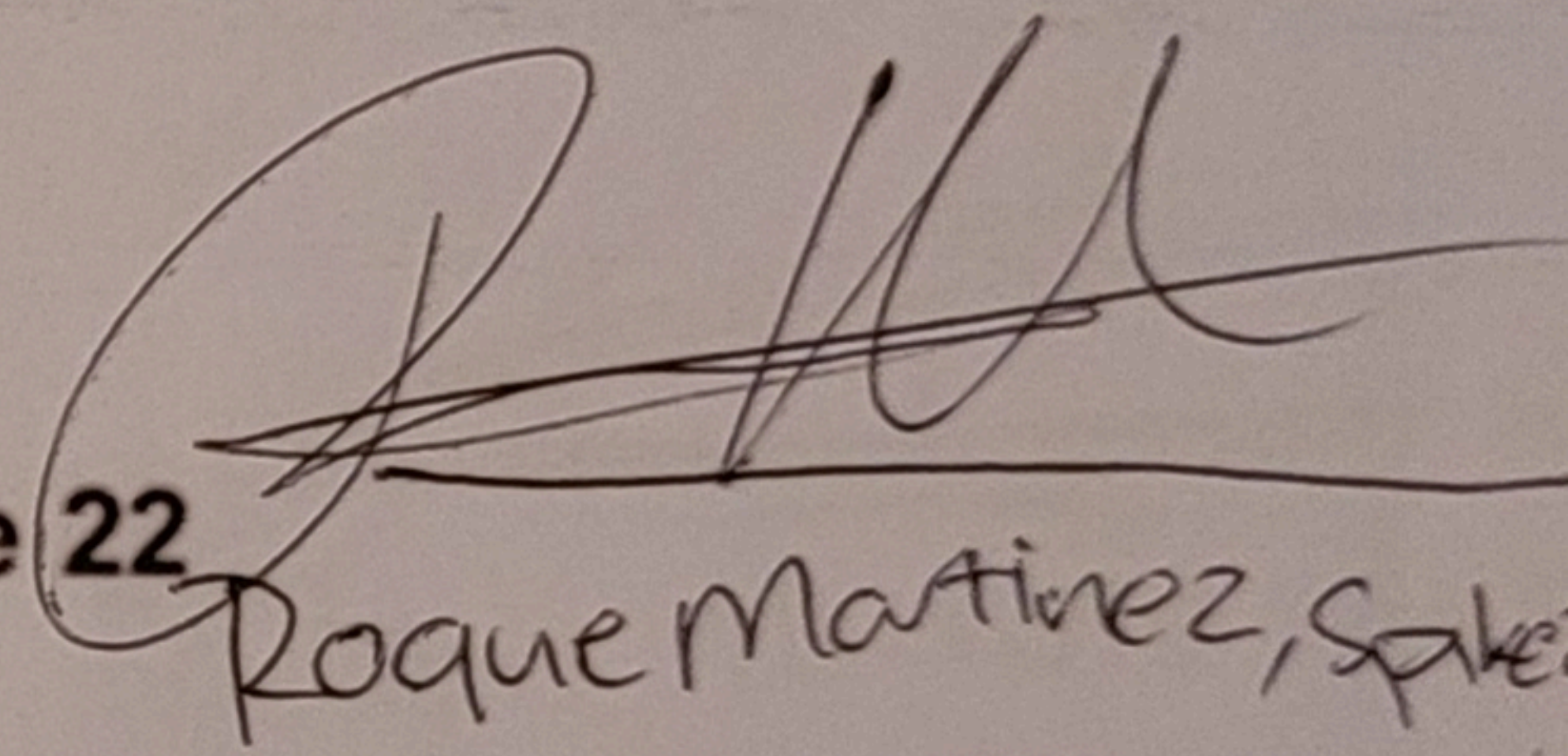
Clare Calvo, Jesrae Moylan, Judy Rosario and Lillian Reyes- Owners Synergy Studios

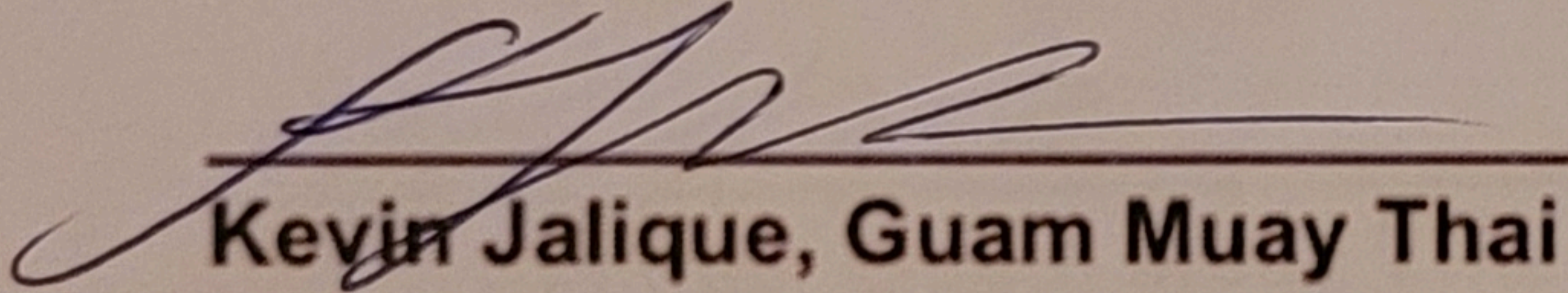


Samantha Sablan, Custom Fitness

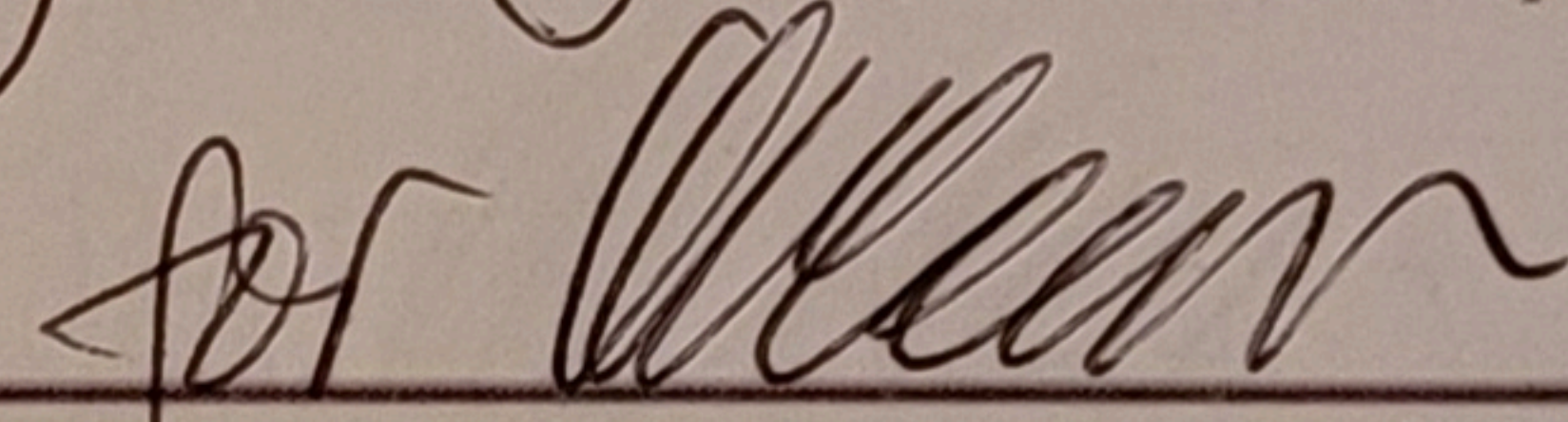


Melchor Manibusan, Spike 22

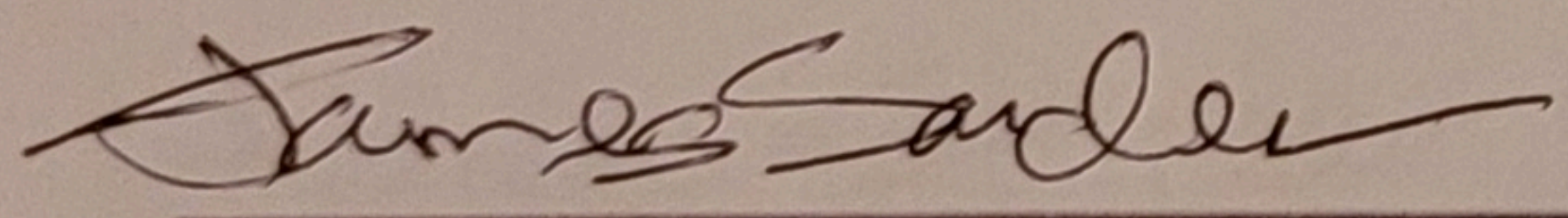

Roque Martinez, Spike



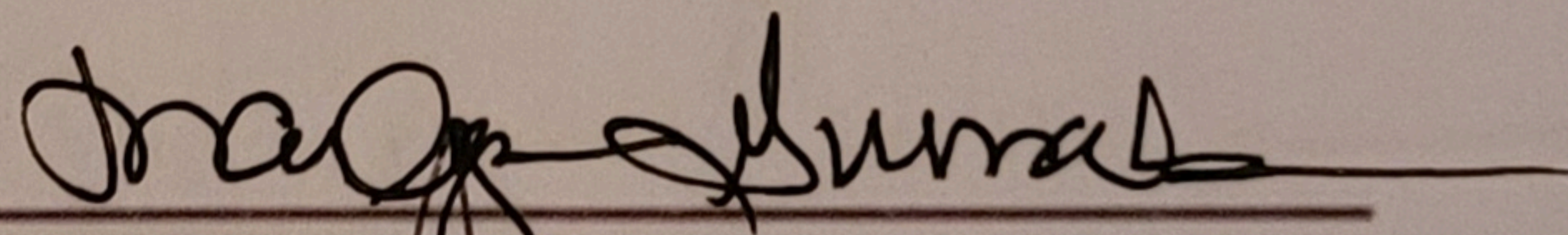
Kevin Jalique, Guam Muay Thai



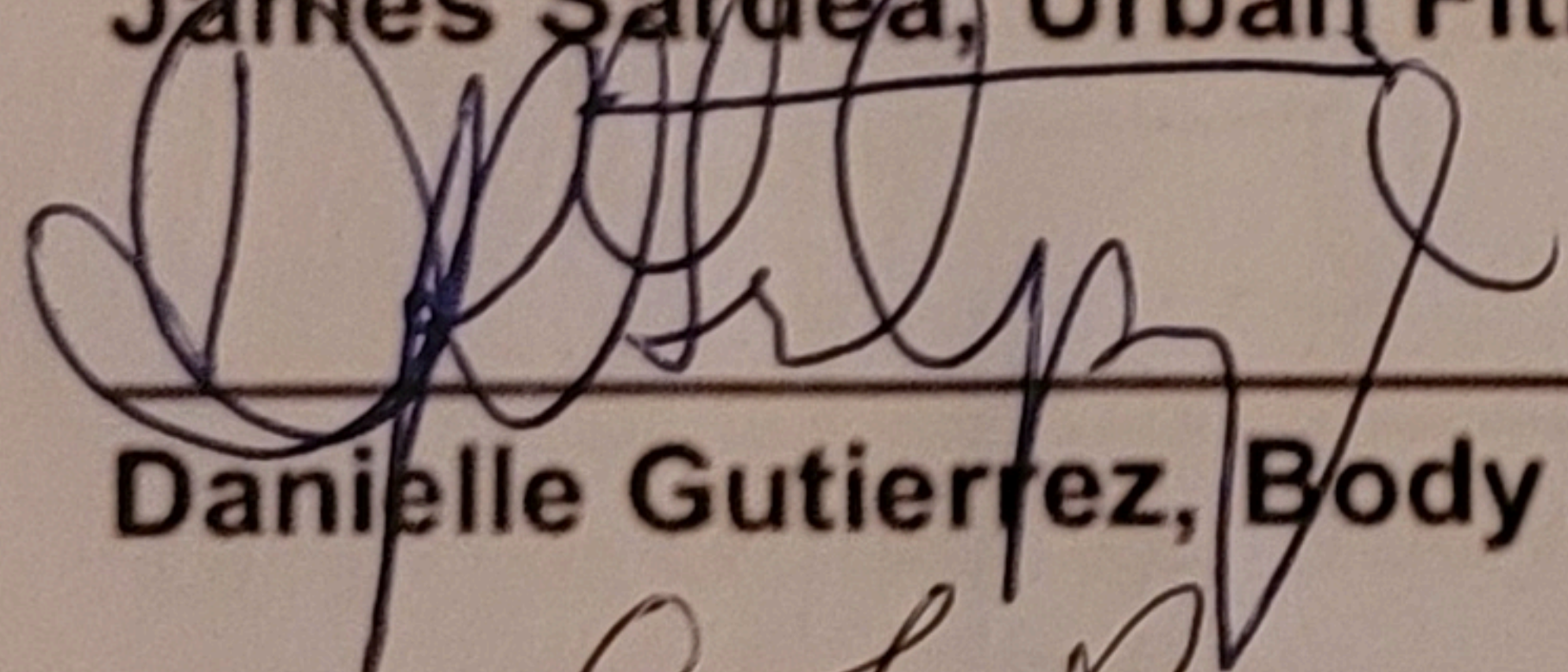
Teri Knapp, SKIP



James Sardea, Urban Fitness

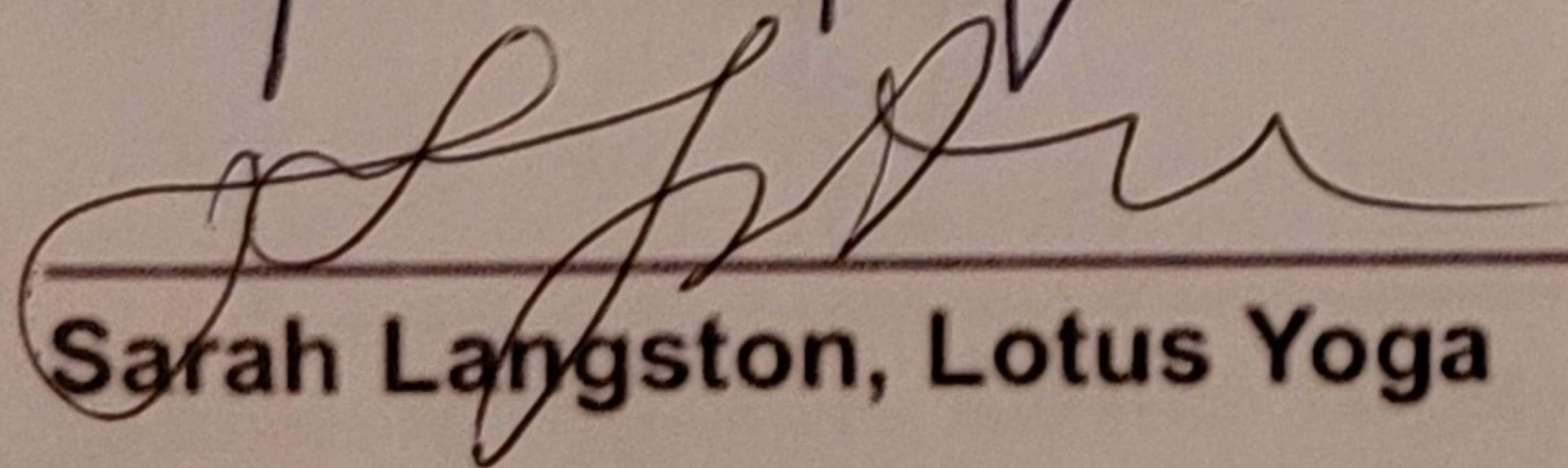


Marlyn Gumabon, G6 Fitness

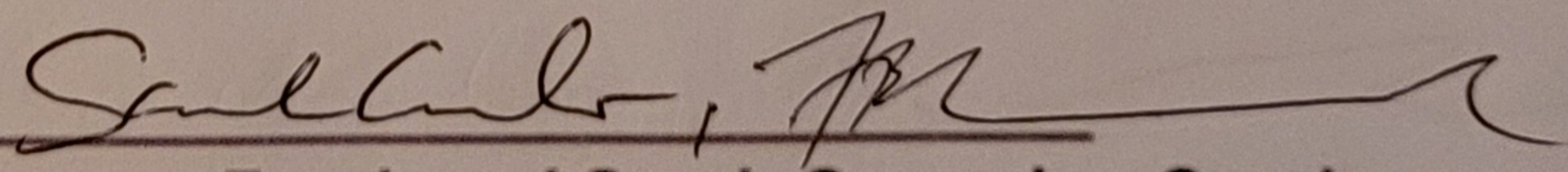


Danielle Gutierrez, Body Arts

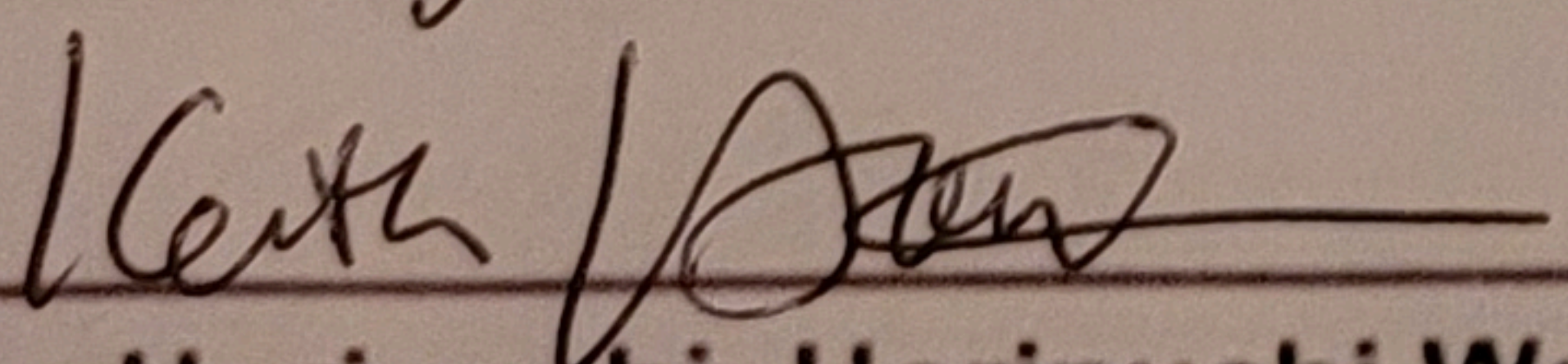
Pepe Laflamme, NuForm Pilates



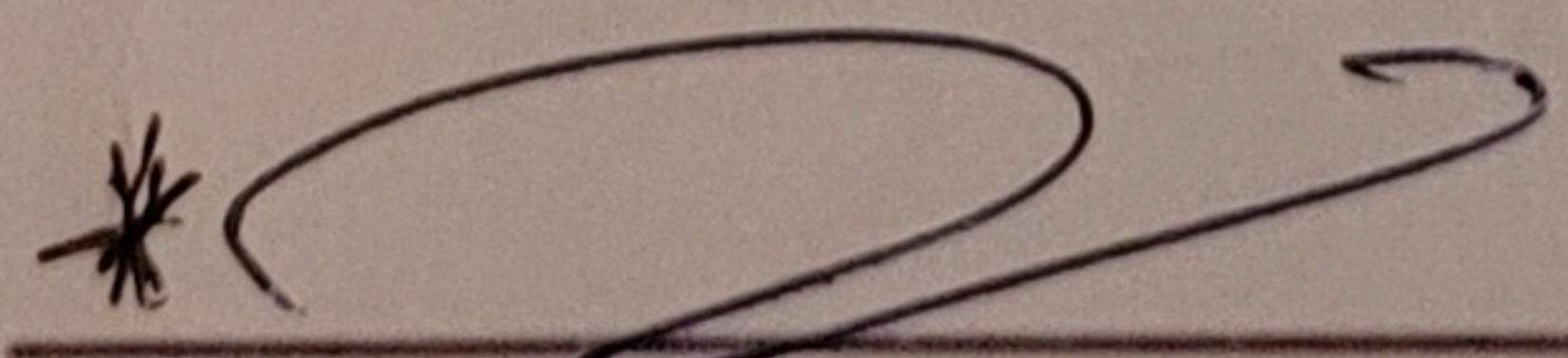
Sarah Langston, Lotus Yoga



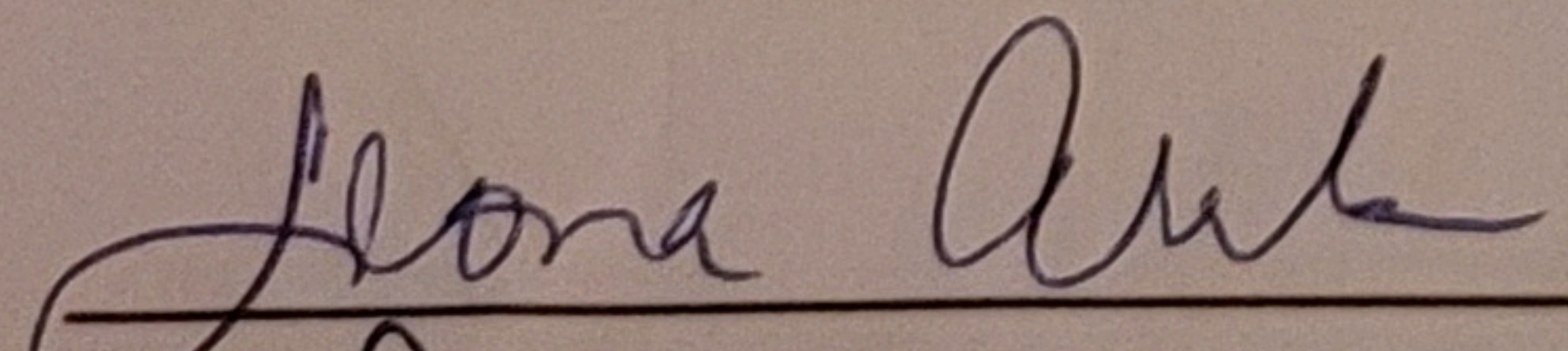
Frank and Sarah Camacho, Crank



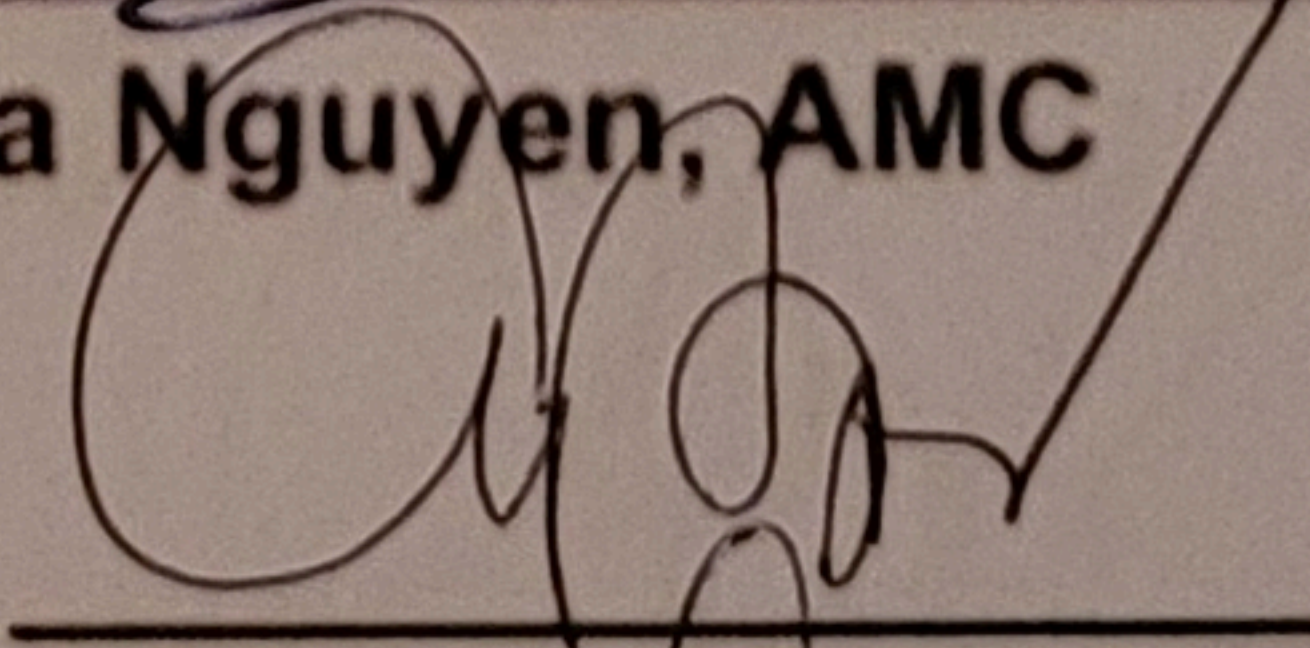
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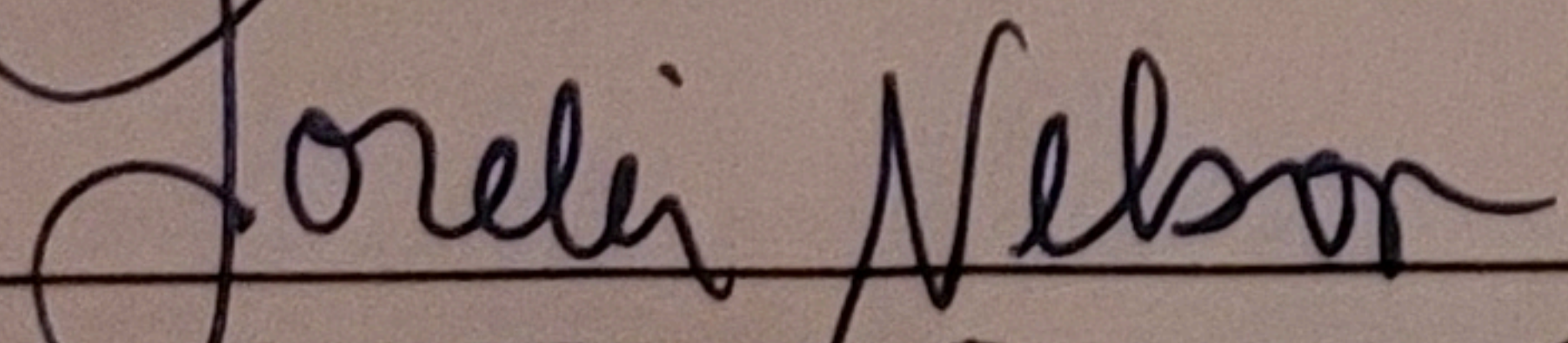
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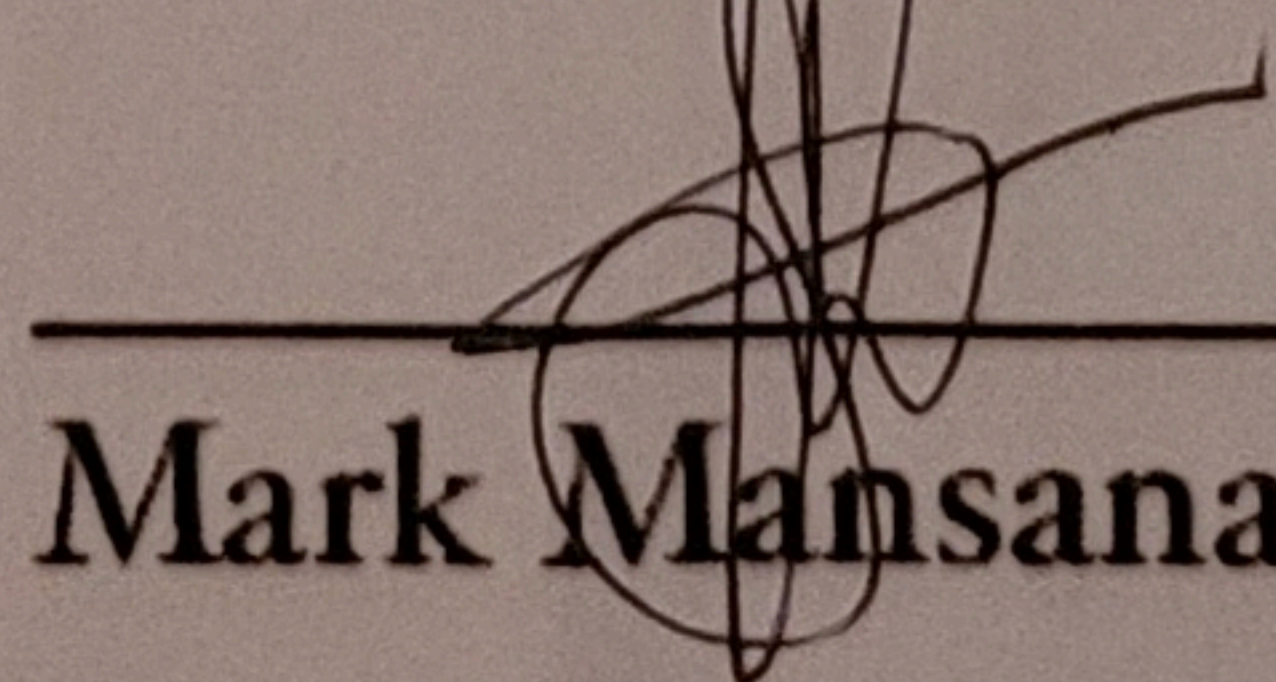
Leona Arevalo, Synergy Studios



Bella Jones, Paradise Fitness



Lorelei ~~Kane~~ Nelson, Synergy Studios



Mark Mansanao, Paradise Fitness