



## **P N P News Release**

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### **POLICE GENERALS TAKE PHYSICAL FITNESS TEST**

Director General Panfilo M Lacson, Chief of the Philippine national Police this morning led police generals in the 2nd semester Physical Fitness Test for PNP personnel.

All 53 police generals who took the PFT this morning hurdled the required physical exercises, and measured within the minimum 34-inch waistline limit.

The star-ranked police officials come from the PNP Command Group, Directorial Staff, National Support Units, and Regional and District Offices.

The rigid Physical Fitness Test include exercises such as push-ups, sit-ups, and timed one kilometer run.

To add competitive spirit to the fitness test, some police generals gamely out-raced each other in a 100-meter dash.

PNP Director for Operations, Director Edgar Galvante crossed the tape with the best time of 15.04 seconds. Chief Superintendents Virtus Gil and Jose Lalisan finished second and third, clocking 15.81 and 16.08 seconds, respectively.

All PNP personnel are required to undergo the mandatory PFT every six months -- during April and October each year.

According to PNP Spokesman, Senior Superintendent Nicanor A Bartolome, the PFT is designed to determine the fitness of PNP personnel in performing strenuous police duties and functions.

Bartolome cited provisions of Republic Act 8551 or the PNP Reform and Reorganization Act which require policemen to undergo the mandatory physical fitness tests every six months.

Those who fail are given two more opportunities to make-up or be included among the possible candidates for attrition as provided for under RA 8551.

Last July, two police generals -- Chief Superintendents Dominador Resos and Romulo Sales were made to undergo a physical fitness crash course for falling to meet the 34-inch waistline measurement.

This morning, both Resos and Sales measured waistline within the 34-inch limit.

Other Metro Manila-based police officials with ranks of Senior Superintendent down to Police Inspectors will undergo the scheduled PFT until next week.

Elsewhere around the country, PNP Regional Offices will simultaneously conduct PFTs for their respective personnel.