



# WORLD COMMISSION ON HEALTHY LIVING AND SPORT

*Bearing in mind the upcoming 5th Constituent Assembly, Moving towards the First Operational Stage outlined in the Earth Constitution, And with the impetus of the 16th Session of the Provisional World Parliament (PWP) held in December 2025 in Pondicherry, India, each Administration, Committee, and Commission is framed within the work plan of the Provisional World Parliament.*

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## 1. Legal basis and purpose

The Ministry of Healthy Living and Sports is created with the approval of the Provisional World Parliament and the World Constitution in its Article 19.4 and World Law WLA81 adopted during the 16th Session in Pondicherry, India, December 2025.

In order to manage this Ministry, the World Commission on Healthy Living and Sport is created, approved by the Presidium and accepted by the Provisional World Parliament. The Commission's mission is to fulfill the objectives of the Ministry, pursuant to Article 1 of said World Law WLA81. The Ministry's main function is to promote healthy living within a World Culture of Peace and brotherhood among the people of the planet through activities involving the exchange of knowledge on healthy eating habits in cultural diversity, drawing from indigenous and scientific knowledge.

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## 2. Status and nature

2.1. The World Commission on Healthy Living and Sport is an advisory body that assists the Ministry in developing a conscious and responsible culture towards one's own body, both to improve nutritional habits and the practice of sport.

2.2. It operates in coordination with the Provisional World Parliament and contributes to the general welfare through its proposals and initiatives.

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### 3. Mission and objectives

The mission of the World Commission on Healthy Living and Sport is:

- To incentivize healthy lifestyle habits as a foundation of planetary civilization, encouraging the values of the World Constitution;
  - To promote universal access to quality health and sports education at all levels;
  - To raise awareness among the population to replace passive participation as spectators with active participation in sports;
  - To replace the current culture of ego-driven, competitive, and violent consumption with a culture that is conscious of one's own body and the planet.
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### 4. Scope of competences

#### 4.1 Healthy Living and Sports Frameworks

- To respect rural areas and promote the adaptation of cities to encourage sport and improve health through active urban planning with multifunctional public spaces;
- Promote the construction of accessible and safe infrastructure to integrate physical activity into citizens' lives, such as bike lanes, improved pedestrian access prioritizing it over vehicles, sports parks for all ages, etc.

#### 4.2 Integration of healthy living knowledge

- Update ancestral knowledge of healthy living in harmony with Nature;
- Promote balanced nutritional habits by encouraging the consumption of vegetables, fruits and legumes, limiting the production and consumption of ultra-processed and sugary foods in order to combat overweight and associated chronic diseases;
- Likewise, these balanced nutritional habits will be promoted in all public bodies. These actions involve the accurate regulation of food labeling and the promotion of local, seasonal products, thus favoring less pollution from unnecessary transportation.

#### 4.3 Educational innovation for a sustainable environment

- It is based on active, ethical, and practical methodologies that promote the well-being of citizens, including a respectful relationship with nature. This education is critical regarding the use of plastics for food packaging, aiming for their elimination;
  - The practice of non-competitive sports and healthy nutrition reduces aggressive and depressive personality traits, promoting better mental and emotional health.
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## 5. Functions

The World Commission on Healthy Living and Sport will be able to, among other functions:

- To propose social policies and action plans to the World Provisional Parliament;
  - To cooperate with all types of educational institutions and networks;
  - To prepare reports regarding the progress in health and sports policies.
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## 6. Presidency

6.1. The Chairperson for the World Commission on Healthy Living and Sport is elected or confirmed by the Provisional World Parliament.

6.2. The Chairperson is responsible for:

- Initiatives to promote health and sports;
  - Representation before Parliament and relevant organizations;
  - Reporting on initiatives and results by sending periodic reports to the Presidium, the Permanent Secretariat, and the Provisional World Parliament, detailing the activities, ideas, etc., which arose and were developed during that period.
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## 7. Composition

7.1. This Commission is composed of members and collaborators who freely join and are accepted by the responsible person, if there are no objections.

7.2. Members must possess multidisciplinary knowledge to address health from a holistic perspective, encompassing physical, mental, and social aspects. Their areas of specialization may include:

- Comprehensive Health Education;
  - Promotion of non-sedentary habits;
  - Nutrition, dietetics and regulatory framework in food areas;
  - Health strategies for the prevention of chronic diseases;
  - Management of conditions such as stress, improving emotional balance, and addiction prevention.
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## 8. Coordination and cooperation

The World Commission on Healthy Living and Sport primarily collaborates with:

- The Youth Committee;
  - The Education Committee;
  - The World Parliament University;
  - The World Council for the Development of Consciousness;
  - The Earth Rescue Administration (EERA).
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## 9 Ethical foundations

The Commission affirms that Health and Sport are universal rights and essential pillars for the well-being of present and future generations.

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## 10. Entry into force

This document will enter into force in February 2026 following its approval by the World Commission on Healthy Living and Sport and the Presidium. It will remain valid until further update.

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