

Volume 1, Issue 1 (April-June 2026)

A Quarterly Magazine

Print ISSN: 3155-637X; Online ISSN: 3155-6388

MUSCLES & PHILOSOPHY

— THE PREMIER MAGAZINE OF —

STRENGTH, WELLNESS, PERFORMANCE, ADVENTURE,
SPORTS INNOVATION, AND HUMAN EXCELLENCE //



BUILT BY DISCIPLINE

THE MINDSETS.
THE MOVES.
THE MISSION.

COACH TOY

JUNIOR LUNA
"COACH TOY"

From dance floors
to boxing rings,
inspiring lives through
strength, movement,
and purpose.

STRONGER EVERY DAY

Training the body.
Sharpening the mind.
Building character.

FITNESS THAT TRANSFORMS

Real people.
Real results.
Real lives changed.

DISCIPLINE FUELS DESTINY

Your workout
today defines
your tomorrow.

PUBLISHED BY:
ETCOR EDUCATIONAL RESEARCH CENTER
Research Consultancy Services

📍 #16 Lake View St., Villa Luisa Subdivision,
Sta. Lucia, Sta. Ana, Pampanga

📞 Mobile Number: 09392029035

✉ Email: embracingthecultureofresearch@etcor.org



MAGAZINE OVERVIEW

THE SCIENCE. THE PRACTICE.
THE PHILOSOPHY. **THE HUMAN EXCELLENCE.**



Muscles & Philosophy is a premier quarterly magazine dedicated to the science, practice, and philosophy of human performance. Published by ETCOR, the magazine serves as an **authoritative international platform** integrating strength training, sports performance, wellness, preventive health, adventure, technology, leadership, and character development into **one comprehensive publication**.



Designed for athletes, coaches, trainers, fitness professionals, sports scientists, physical educators, healthcare practitioners, adventurers, researchers, students, entrepreneurs, and wellness enthusiasts, the magazine showcases evidence-based practices, inspiring success stories, cutting-edge innovations, and transformative ideas that elevate both **physical excellence** and **personal growth**.



Beyond building stronger bodies, Muscles & Philosophy champions the cultivation of **resilient minds, disciplined character, ethical leadership, lifelong learning, and purposeful living**. Every issue combines scientific research, practical applications, compelling features, expert interviews, and global perspectives to inspire readers to pursue excellence in fitness, sport, wellness, and life.



Through world-class editorial content, exceptional photography, expert contributions, strategic industry partnerships, and international collaborations, Muscles & Philosophy aspires to become **one of Asia's leading publications** on strength, wellness, sports innovation, and human excellence.



**STRENGTH
PERFORMANCE
WELLNESS**



**ADVENTURE
EXPLORATION**



**NUTRITION
PREVENTIVE
HEALTH**



**TECHNOLOGY
INNOVATION**



**SPORTS
SCIENCE
ANALYTICS**



**COACHING
LEADERSHIP**



**PHILOSOPHY
CHARACTER
PURPOSE**



**LIFELONG
LEARNING**



**SCIENCE
EVIDENCE**

Evidence-based knowledge for real results.



**WELLNESS
LONGEVITY**

Promoting health, balance, and longevity.



**EXCELLENCE
PERFORMANCE**

Elevating human performance in every dimension.



**ADVENTURE
EXPERIENCE**

Celebrating the spirit of exploration and resilience.



**GLOBAL
PERSPECTIVE**

Connecting experts and communities worldwide.



**IMPACT
COMMUNITY**

Building a community that inspires and empowers.

STRONGER BODIES. RESILIENT MINDS. PURPOSEFUL LIVES. HUMAN EXCELLENCE.

OUR VISION

To become the **leading international magazine** on strength, wellness, sports performance, philosophy, and **human excellence**, inspiring individuals and communities to pursue healthier lives, **stronger bodies**, **resilient minds**, and **purposeful leadership** through science, innovation, and **lifelong learning**.



STRENGTH

Building stronger bodies through science and discipline.



WELLNESS

Promoting healthy lives and preventive health for all.



PERFORMANCE

Elevating human performance through training and innovation.



PHILOSOPHY

Cultivating resilient minds, character, and a purpose-driven life.



INNOVATION

Embracing technology and innovation to shape the future of performance.



LEADERSHIP

Inspiring ethical leadership and building stronger communities.

SCIENCE. INNOVATION. CHARACTER. PURPOSE. EXCELLENCE.



IT'S NOT JUST A MAGAZINE. IT'S A MOVEMENT FOR **HUMAN EXCELLENCE**.



OUR MISSION

MUSCLES & PHILOSOPHY IS COMMITTED TO:



01 Promoting **evidence-based** fitness, strength training, sports science, and preventive health.



02 Inspiring **discipline, resilience, leadership**, sportsmanship, and lifelong personal growth.



03 Showcasing **excellence** in athletics, coaching, physical education, adventure, and wellness.



04 Advancing **scientific knowledge** in exercise science, sports medicine, nutrition, biomechanics, and human performance.



05 Highlighting **innovations** in fitness technology, sports engineering, artificial intelligence, and digital health.



06 Supporting professionals, educators, researchers, healthcare practitioners, coaches, athletes, and fitness organizations through **credible information** and best practices.



07 Encouraging **sustainable** active lifestyles, outdoor recreation, and adventure tourism.



08 Recognizing **excellence and innovation** across the fitness, sports, wellness, and performance industries.



09 Building a **global community** committed to maximizing human potential through knowledge, discipline, and service.



STRENGTH



WELLNESS



PERFORMANCE



SCIENCE



ADVENTURE



INNOVATION



COMMUNITY



EXCELLENCE

EDITORIAL BOARD

EXPERTISE. INTEGRITY. EXCELLENCE.

Our Editorial Board is composed of **dedicated professionals** who ensure the **highest** standards of quality, accuracy, and relevance in every issue.



EDITOR-IN-CHIEF:

Dr. Richard D. Sanchez

Provides overall editorial leadership, sets the vision and direction, and upholds the integrity, academic quality, and global relevance of the magazine.



ASSOCIATE EDITOR:

Angeli Mae P. Sanchez, MBA

Supports editorial development, content evaluation, coordination, and ensures consistency, relevance, and coherence across all features.



MANAGING EDITOR:

Dr. Angelyn M. Pangilinan

Oversees editorial operations, workflow, and production schedules. Ensures accuracy, timeliness, and alignment with the magazine's mission and standards.



LAYOUT:

Ronald M. Valdez

Designs visually compelling and reader-friendly layouts that bring stories to life with clarity, creativity, and impact.



PHOTOGRAPHY:

Robert L. Calderon

Captures powerful, authentic, and inspiring images that reflect the spirit of strength, wellness, and human excellence.



STRENGTH
Built with Science



WELLNESS
Driven by Purpose



PERFORMANCE
Pushed by Discipline



ADVENTURE
Fuelled by Passion



INNOVATION
Powered by Ideas



COMMUNITY
United by Values



EXCELLENCE
Defined by Impact

TOGETHER, WE EDIT **EXCELLENCE**. TOGETHER, WE INSPIRE A **STRONGER WORLD**.



BUILT BY DISCIPLINE

THE MINDSETS.
THE MOVES.
THE MISSION.



STRENGTH
IS BUILT.
CHARACTER
IS EARNED.
LEGACY
IS LEFT.



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MOVE WITH PURPOSE.
TRAIN WITH DISCIPLINE.
LIVE WITH PHILOSOPHY.



Beyond the Mirror: Rediscovering the Philosophy Behind Strength

"The strongest muscles are not always found beneath the skin—they are found within the character that carries them."

Walk into almost any gym today, scroll through social media, or browse fitness-related content online, and one message dominates the landscape: bigger muscles, leaner physiques, sharper abs, and perfect symmetry. Fitness has become a visual culture where progress is often measured in selfies, mirror reflections, body fat percentages, and follower counts. While there is nothing inherently wrong with pursuing an aesthetically pleasing physique, an important question deserves our attention: Have we become so obsessed with building the body that we have forgotten to build the person?

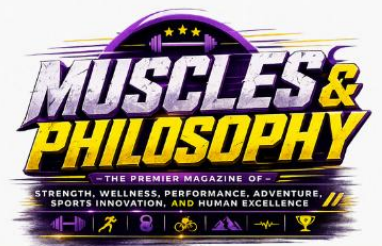
Modern fitness culture has undoubtedly transformed millions of lives for the better. It has encouraged healthier lifestyles, increased awareness of nutrition, promoted regular exercise, and inspired individuals to become physically active. Gyms have evolved into communities of encouragement, sports science has revolutionized training methods, and technology has made expert knowledge more accessible than ever before. These developments deserve celebration. Yet alongside these positive changes emerges a subtle danger—the tendency to equate physical appearance with success, value, or even happiness.

Today, algorithms reward appearance. Social media platforms amplify perfectly staged physiques, edited transformations, and carefully curated lifestyles. The fitness industry, worth billions of dollars globally, often markets the promise of rapid transformation through supplements, extreme diets, or unrealistic training programs. Young people, especially, are constantly exposed to the belief that confidence begins only after achieving the "ideal body." In this environment, muscles risk becoming symbols of validation rather than symbols of health, discipline, and personal achievement.

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The consequences are increasingly visible. Many individuals experience body dissatisfaction despite being physically healthy. Others develop unhealthy relationships with food, exercise, or supplementation in pursuit of unrealistic standards. Some abandon fitness entirely because they believe they can never resemble the images they admire online. Ironically, a practice intended to promote health can sometimes become a source of anxiety, comparison, and emotional distress.

This is precisely why Muscles & Philosophy was created—not simply as another fitness magazine, but as a movement that redefines what strength truly means. Strength is not measured solely by the circumference of one's arms or the weight placed on a barbell. It is revealed in consistency when motivation fades. It is demonstrated through discipline when no one is watching. It appears in resilience after injury, failure, or personal setbacks. It grows through humility, lifelong learning, ethical leadership, and service to others.

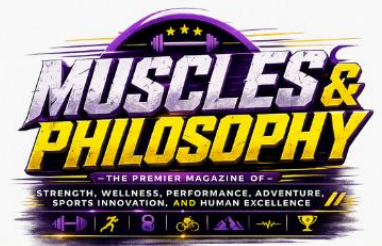
Philosophy has always recognized that the human being is a union of body, mind, and character. Across civilizations, physical training was never intended to exist in isolation. Ancient athletes trained not only to become stronger competitors but also to become wiser citizens. Martial traditions around the world emphasized honor before victory, discipline before power, and responsibility before recognition. Physical excellence and moral excellence were viewed as inseparable pursuits. Somewhere along the way, modern society began celebrating the visible outcome while neglecting the invisible virtues that made those achievements meaningful.

At its highest level, fitness is an educational journey. Every repetition teaches patience. Every difficult workout develops perseverance. Every failed lift reminds us of humility. Every recovery period reinforces the importance of balance. The gym, the running trail, the mountain path, the swimming pool, and the sports field become classrooms where resilience, courage, teamwork, and self-mastery are learned through experience rather than lectures. Muscles may grow through resistance, but character grows through overcoming adversity.

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This philosophy extends beyond athletes. It belongs equally to the busy professional who exercises before sunrise, the parent striving to remain healthy for their children, the older adult committed to lifelong mobility, the rehabilitation patient rebuilding strength after illness, the coach mentoring young athletes, and the educator teaching the next generation the value of physical activity. Human performance is ultimately about enabling people to live fuller, healthier, and more purposeful lives.

Science continues to deepen our understanding of human performance. Advances in sports medicine, biomechanics, nutrition, exercise physiology, wearable technologies, artificial intelligence, and preventive health are transforming the future of fitness. Yet scientific progress must always be guided by ethical responsibility and human-centered values. Technology should empower individuals—not replace discipline. Innovation should enhance well-being—not encourage shortcuts. Knowledge should cultivate wisdom—not merely improve performance metrics.

As the inaugural issue of Muscles & Philosophy, we invite our readers to embrace a broader definition of success. Celebrate your progress, regardless of where you begin. Train because you value your health, not because you seek approval. Build muscles, but also cultivate patience. Improve performance, but never compromise integrity. Pursue excellence, but remain humble enough to continue learning. Let your body become evidence of your discipline, your mind a reflection of your curiosity, and your character the true measure of your strength.

The future of fitness will not be defined solely by stronger athletes or smarter technologies. It will be shaped by individuals who understand that the greatest transformation occurs when physical development is accompanied by intellectual growth, emotional resilience, ethical leadership, and compassionate service. The strongest person in the room is not always the one who lifts the heaviest weight—it is often the one who inspires others to become stronger themselves.

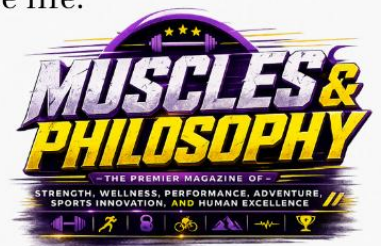
As you turn the pages of this maiden issue, we hope you discover more than training techniques, nutrition strategies, scientific research, and inspiring stories. We hope you discover a philosophy—a way of thinking that recognizes every workout as an opportunity to become not only healthier, but wiser; not only stronger, but kinder; not only more capable, but more purposeful.

Because muscles may shape the body. But philosophy shapes the life.

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LETTER FROM THE EDITOR

Building More Than Muscles

By Dr. Richard D. Sanchez
Editor-in-Chief

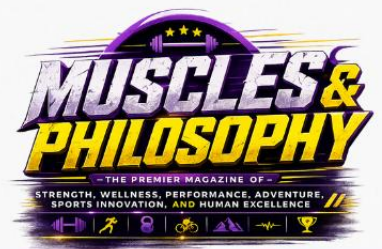
There has never been a more exciting time to talk about fitness, health, and human performance. Across the globe, millions of people are embracing healthier lifestyles, discovering the transformative power of exercise, participating in recreational sports, exploring the outdoors, and recognizing that physical well-being is one of life's greatest investments. Advances in sports science, nutrition, exercise physiology, biomechanics, wearable technology, and artificial intelligence continue to reshape how we train, recover, and perform. Never before has knowledge about fitness been so accessible, and never before has the pursuit of excellence been so widely embraced.

Yet amid this remarkable progress, one important question continues to challenge us: What is the true purpose of strength?

For many, fitness has become synonymous with appearance. Social media feeds overflow with perfectly sculpted physiques, six-pack abs, impressive lifts, and carefully curated transformations. While these achievements deserve admiration, they should never become the sole definition of success. The body may attract attention, but it is character that earns respect. Muscles may demonstrate discipline, but philosophy gives discipline its purpose.

This realization became the inspiration behind the creation of Muscles & Philosophy.

This magazine was never envisioned as simply another publication about bodybuilding, nutrition, or exercise routines. It was conceived as a platform that celebrates the complete journey of human development—a publication where science meets wisdom, performance meets purpose, innovation meets integrity, and physical excellence walks hand in hand with ethical leadership and lifelong learning.



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The title itself reflects our identity.

Muscles symbolize strength, performance, resilience, endurance, and the extraordinary capabilities of the human body.

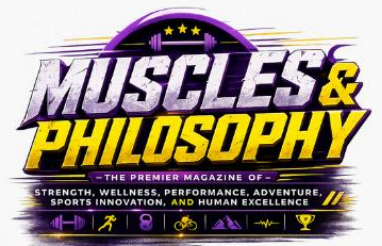
Philosophy represents wisdom, character, discipline, ethics, leadership, curiosity, reflection, and the values that guide every meaningful pursuit.

Together, they remind us that genuine human excellence is never measured solely by physical achievement. It is measured by the ability to use one's strength to inspire, to serve, to lead, and to uplift others.

As the official maiden issue of Muscles & Philosophy, this publication proudly introduces a new editorial direction within the fitness and wellness landscape. Our commitment extends far beyond the walls of the gym. Every issue will explore the interconnected worlds of strength and conditioning, wellness, preventive health, sports performance, sports medicine, nutrition, exercise science, adventure and outdoor living, technology and innovation, leadership, philosophy, and lifelong human development.

Readers will discover evidence-based articles written to educate rather than merely entertain. They will meet coaches whose greatest achievements extend beyond competitions, athletes whose stories reveal resilience behind success, researchers advancing scientific understanding of human movement, educators shaping future generations, healthcare professionals promoting preventive wellness, and innovators redefining the future of fitness through technology and research.

One of the defining features of this magazine is its unwavering commitment to scientific credibility. We believe that responsible fitness education must be grounded in evidence rather than misinformation, and in knowledge rather than trends. Through our Research Digest, featuring selected peer-reviewed studies from the International Journal of Sports, Health, Fitness, and Movement Studies (IJSHEFMS), we aim to bridge the gap between academic research and practical application, making scientific discoveries more accessible to coaches, athletes, educators, practitioners, and everyday readers.



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Equally important is our commitment to human values. Strength without humility becomes arrogance. Knowledge without integrity becomes dangerous. Innovation without ethics loses its purpose. Leadership without compassion fails to inspire. We therefore hope that every page of this magazine encourages not only healthier bodies, but also wiser decisions, stronger communities, and more meaningful lives.

This inaugural issue features Coach Toy Junior Luna, whose journey reminds us that coaching is ultimately about transforming lives, not merely developing physiques. His story reflects the very philosophy upon which this magazine was founded—that every workout has the potential to strengthen confidence, build discipline, and empower individuals to become the best versions of themselves.

As we begin this journey, we also extend an open invitation to coaches, athletes, fitness professionals, sports scientists, educators, researchers, healthcare practitioners, entrepreneurs, outdoor adventurers, institutions, and organizations from around the world to become part of this growing movement. Share your stories. Share your discoveries. Share your experiences. Together, we can cultivate a global community united by excellence, evidence, innovation, and purpose.

To our readers, thank you for believing in this vision from its very first issue. Whether you are taking your first step toward a healthier lifestyle or dedicating your life to advancing human performance, this magazine is for you.

May these pages challenge your thinking, strengthen your resolve, inspire your leadership, and remind you that every meaningful transformation begins from within.

Welcome to the maiden issue of Muscles & Philosophy.

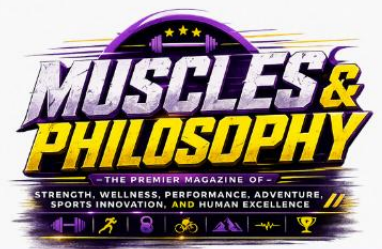
Welcome to a movement where science builds stronger bodies, philosophy builds stronger lives, and together they shape human excellence.

Train with discipline. Lead with character. Live with purpose.

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COVER STORY

BUILT BY DISCIPLINE

Coach Toy Junior Luna:
*Forging Strong Bodies,
Stronger Minds, and a
Philosophy of
Human Excellence*

Coach Toy Junior Luna
Strength. Character. Leadership.

From Dance Floors to
Boxing Rings, from
Strength Training to
Human Transformation—
Coach Toy demonstrates
that true fitness is
measured not merely by
muscles, but by **discipline**,
resilience, and **purpose**.

**STRENGTH**

Build the Body.
Master the Process.

**MINDSET**

Discipline Today.
Freedom Tomorrow.

**PERFORMANCE**

Train Smart.
Perform Strong.

**LEADERSHIP**

Lead Yourself.
Inspire Others.

**WELLNESS**

Live Well.
Live Fully.



“THE BODY IS ONLY THE BEGINNING”

When people first see Coach Toy Junior Luna, what immediately captures attention is his physique.



Well-defined **shoulders**.



Powerful **arms**.



A lean and athletic frame that reflects countless hours of **disciplined training**.

But beyond the visible muscles lies something even stronger—a philosophy.

For Coach Toy, fitness is never simply about looking good. It is about **becoming better**.

- » Every workout represents a **promise** to oneself.
- » Every repetition builds **confidence**.
- » Every drop of sweat becomes an investment toward a **healthier, stronger, and more purposeful life**.

“That philosophy perfectly embodies the vision of Muscles & Philosophy, where **physical excellence** meets **intellectual growth, leadership, resilience, and lifelong learning**.”



DISCIPLINE

Commitment today,
transformation tomorrow.



MINDSET

Strong mind.
Stronger you.



RESILIENCE

Push through.
Rise stronger.



LEADERSHIP

Lead yourself.
Inspire others.



PURPOSE

More than muscles.
Meaning in motion.

A JOURNEY DRIVEN BY PASSION

Coach Toy, whose full name is **Ruben Tapil Deluna Jr.**, entered the fitness profession with a genuine passion for helping people transform their lives through movement and exercise. Holding a Bachelor of Business Administration from Our Lady of Fatima (2014), he chose to channel his knowledge and energy into the fitness industry, where he could directly inspire healthier lifestyles and meaningful personal change.

Rather than limiting himself to a single discipline, Coach Toy embraced multiple specialties that allowed him to connect with clients of different ages, abilities, and fitness goals.

-  Dance fitness.
-  Boxing.
-  Circuit training.
-  Strength and conditioning.
-  Personal coaching.
-  Group instruction.

His diverse expertise enabled him to design engaging, dynamic, and results-oriented training programs that motivate people to stay active while enjoying the process.



BUILDING PEOPLE, NOT JUST MUSCLES

One of Coach Toy's defining qualities is his belief that every individual begins from a different starting point.

- »  Some clients seek **weight loss**.
- »  Others pursue **muscle development**.
- »  Many simply want to live **healthier**, **move better**, and **regain confidence**.

Instead of applying a one-size-fits-all approach, Coach Toy develops **personalized training programs** that consider individual goals, abilities, and lifestyles. Whether conducting one-on-one coaching or leading energetic group sessions, he focuses on proper exercise techniques, gradual progression, and sustainable habits that empower clients to achieve long-term success.

“ For him, the greatest achievement is not producing temporary physical changes—it is helping people develop the **confidence** and **discipline** to continue improving long after the training session ends. ”



PASSION
Fuel.
Drive.
Purpose.



DISCIPLINE
Commitment.
Consistency.
Growth.



TRANSFORMATION
Mind. Body.
Lifestyle.



IMPACT
Inspire.
Empower.
Change Lives.



LEGACY
Stronger Bodies.
Stronger Minds.
Better World.



EXPERIENCE ACROSS LEADING FITNESS COMMUNITIES

Throughout his career, Coach Toy has shared his expertise with several respected fitness centers throughout Pampanga.

His experience includes serving as a **freelance instructor** at:



➤ Anytime Fitness
San Fernando



➤ Lifestyle Gym



➤ OJS Powerhouse Gym



➤ Anytime Fitness Clark



➤ Jungle Base

Across these facilities, he has conducted **group exercise classes**, personalized coaching sessions, **strength and endurance programs**, outdoor functional fitness, boxing instruction, dance fitness, and **cardiovascular conditioning**. His work reflects versatility, adaptability, and a commitment to helping diverse communities embrace active living.



VERSATILITY

Multiple disciplines.
Infinite possibilities.



ADAPTABILITY

Different gyms.
Different people.
Same mission.



COMMITMENT

Consistent effort.
Lasting impact.



COMMUNITY

Stronger together.
Healthier every day.



TRANSFORMATION

Not just changing bodies—
but changing lives.

FITNESS AS A LIFESTYLE

Many people view fitness as a temporary challenge. Coach Toy sees it differently.



Fitness is a **lifelong commitment**.



It is found in **daily discipline**.



It is built through **consistency**.



It grows through **patience**.

Instead of pursuing shortcuts, he encourages individuals to focus on **sustainable progress**—improving strength, mobility, endurance, and overall well-being one workout at a time.

This mindset aligns with modern exercise science, which emphasizes **long-term behavioral change** over quick results.



> Strength and conditioning



> Boxing and cardio boxing



> Functional training



> Dance fitness



> Group exercise



> Personal coaching



> Client motivation



> Proper exercise technique

THE SCIENCE OF MOVEMENT

Coach Toy's instructional approach combines practical coaching with **evidence-based** training principles.

His work spans:

These interconnected disciplines promote **muscular strength, cardiovascular fitness, balance, coordination, flexibility, and functional movement**—key components of **lifelong health and performance**.



MINDSET

Strong mind.
Stronger you.



MOVEMENT

Move better.
Live better.



CONSISTENCY

Small steps.
Big results.



FOCUS

Stay focused.
Stay driven.



TRANSFORMATION

Transform your body.
Transform your life.



LEADERSHIP INSIDE THE GYM

Every great coach teaches more than exercise. Coach Toy understands that **leadership begins by example.**



Clients observe **consistency** before they listen to advice.



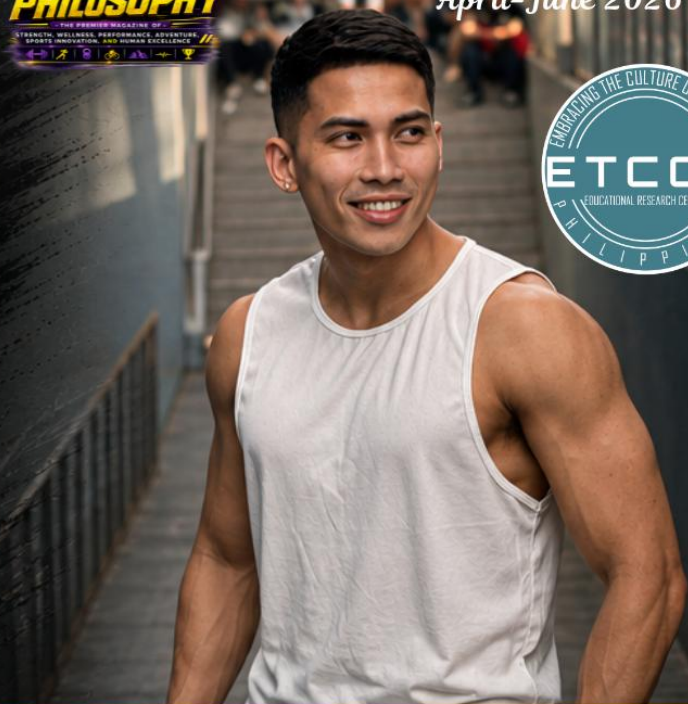
They imitate **discipline** before they master technique.



His role extends beyond demonstrating exercises; he creates an environment where encouragement, accountability, and mutual respect inspire individuals to become the best versions of themselves.



In doing so, he transforms the gym into more than a training facility—it **becomes a community.**



THE PHILOSOPHY OF STRENGTH

Strength is often misunderstood. Muscles can be built in months. **Character takes years.**

Coach Toy's journey illustrates that physical development and personal development should grow together. Every challenge inside the gym mirrors challenges outside it.



Patience develops resilience.



Consistency develops confidence.



Discipline develops excellence.



These are the values that define **true human performance.**



LOOKING AHEAD



As the fitness industry continues to evolve through sports science, wearable technologies, artificial intelligence, and evidence-based coaching, professionals like Coach Toy remain essential in translating **innovation** into meaningful human experiences.



His continuing work as a freelance fitness instructor reflects a commitment to **empowering** individuals to lead healthier, stronger, and more active lives through education, motivation, and disciplined practice.



For aspiring athletes, fitness professionals, and everyday individuals seeking positive change, his journey serves as a reminder that success is rarely built overnight.



It is earned through every workout.



Every repetition.



Every choice.



Every day.



MUSCLES & PHILOSOPHY



The strongest body is built by **disciplined habits.**
The strongest life is built by **disciplined character.**



Coach Toy Junior Luna represents the spirit of Muscles & Philosophy—where strength is measured not only by physical power, but by **resilience, leadership, lifelong learning**, and the courage to inspire others toward **human excellence.**



STRENGTH
Build the body.
Build the foundation.



MINDSET
Train the mind.
Master the journey.



COMMUNITY
Inspire others.
Uplift together.



EXCELLENCE
Pursue progress.
Live with purpose.



LEGACY
Leave an impact.
Change lives.

THE PHILOSOPHY BEHIND RUNNING

It's more than a race.
It's a way of life.

Running brings us together.
It challenges us.
It strengthens us.
And most importantly,
it transforms us.

Every step we take
is a step toward
becoming better—
for our body,
our mind, and
our life.



WHY RUNNING EVENTS ARE WORTH JOINING



TRANSFORMS YOUR BODY

Running improves
cardiovascular health,
builds endurance,
strengthens muscles,
boosts immunity, and
helps maintain a
healthy weight.



EMPOWERS YOUR MIND

It reduces stress,
clears your mind,
improves mood,
enhances focus,
and builds mental
toughness.



SHAPES OUR PHILOSOPHY IN LIFE

Running teaches
discipline, patience,
perseverance, and
resilience. It reminds
us that progress
happens one step
at a time.



BUILDS COMMUNITY

It connects us with
like-minded people,
creates friendships,
and strengthens
our sense of
belonging.



INSPIRES GROWTH

Crossing the finish
line gives a sense of
accomplishment and
confidence that
motivates us to
achieve more in life.



“ Running is not just about beating others.
It's about becoming the best version of yourself. ”

EVERY RUN HAS A LESSON

- ✓ There will be challenges.
- ✓ There will be hills.
- ✓ There will be pain.
- ✓ There will be doubt.
- ✓ But there will also be strength.
- ✓ There will also be growth.
- ✓ There will also be victory.

KEEP GOING.
YOU'RE BECOMING.



THE PHILOSOPHY IN EVERY STEP



START

Have courage to begin.



PACE

Trust the process.



PERSISTENCE

Keep going, even when it's hard.



PURPOSE

Run for something bigger than yourself.



FINISH

Celebrate progress and
inspire others.

JOIN US. RUN WITH PURPOSE.

Be part of events that promote
health, unity, and positive change.

Run for your body.
Run for your mind.
Run for your life.
Run for a better future.

ONE STEP.
ONE CHOICE.
ONE LIFE.
MAKE IT COUNT.



FOLLOW US!



THE POWER OF EVERY STEP

Running events are more than races. They are experiences that **move** the body, **elevate** the mind, and **transform** the way we live.

MOVE.
CONNECT.
INSPIRE.



WHY JOIN RUNNING EVENTS?



STRONGER BODY

Running builds endurance, improves heart health, strengthens muscles, boosts immunity, and helps maintain a healthy weight.



SHARPER MIND

It reduces stress, clears your mind, improves mood, enhances focus, and builds mental resilience.



PURPOSEFUL LIFE

Running teaches discipline, patience, perseverance, and consistency—values that shape our character on and off the road.



AMAZING COMMUNITY

You meet people with the same goals, create friendships, share experiences, and inspire each other to keep going.



PERSONAL GROWTH

Every finish is a proof of your commitment. Every race builds confidence and reminds you that you can go further.



THE PHILOSOPHY OF RUNNING



START

Have courage to begin.



PACE

Trust the process.



PERSIST

Keep going, even when it's hard.



PURPOSE

Run for something bigger than yourself.



FINISH

Celebrate progress and inspire others.

MORE THAN A RACE. IT'S A WAY OF LIFE.

Run for your health.
Run for your mind.
Run for your growth.
Run for the people you love.
Run for a better future.



“ One run can change your day. A lifetime of running can change your life. ”



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14

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RUNNING TOURISM

MOVE. EXPLORE. THRIVE.

Every run is a **journey**.
Every destination is a **discovery**.
Every step creates **impact**.

Running tourism combines the thrill of running with the joy of travel—bringing people to new places, experiencing new cultures, and creating unforgettable memories while living a healthier and more active lifestyle.

WHY RUNNERS TRAVEL



UNIQUE EXPERIENCES

Runners seek new challenges, scenic routes, and cultural immersion.



MEMORABLE ADVENTURES

They turn race weekends into mini-vacations with family and friends.



DISCOVER NEW PLACES

Each race becomes an opportunity to explore, learn, and appreciate.



COMMUNITY CONNECTION

Running unites people from different places, cultures, and backgrounds.



ECONOMIC BENEFITS FOR THE COUNTRY



BOOSTS TOURISM

Runners and their companions book hotels, dine out, and explore local attractions.



SUPPORTS LOCAL BUSINESSES

From restaurants and transport services to souvenir shops and tour operators, local communities thrive.



CREATES JOB OPPORTUNITIES

Event organization, logistics, security, media, and hospitality industries generate income and employment.



DRIVES LOCAL ECONOMY

Increased spending from domestic and international participants contributes to economic growth.



PROMOTES THE PHILIPPINES

These events showcase the country's natural beauty, hospitality, and vibrant culture to the world.

MORE THAN A RACE. A POSITIVE IMPACT THAT LASTS.

- ✓ Promotes health and wellness
- ✓ Encourages sustainable travel
- ✓ Preserves cultural heritage
- ✓ Inspires environmental awareness
- ✓ Builds stronger, healthier communities



RUN. TRAVEL. TRANSFORM.

Every step you take supports communities, uplifts lives, and strengthens the nation. Join the movement. Be part of something bigger than yourself.

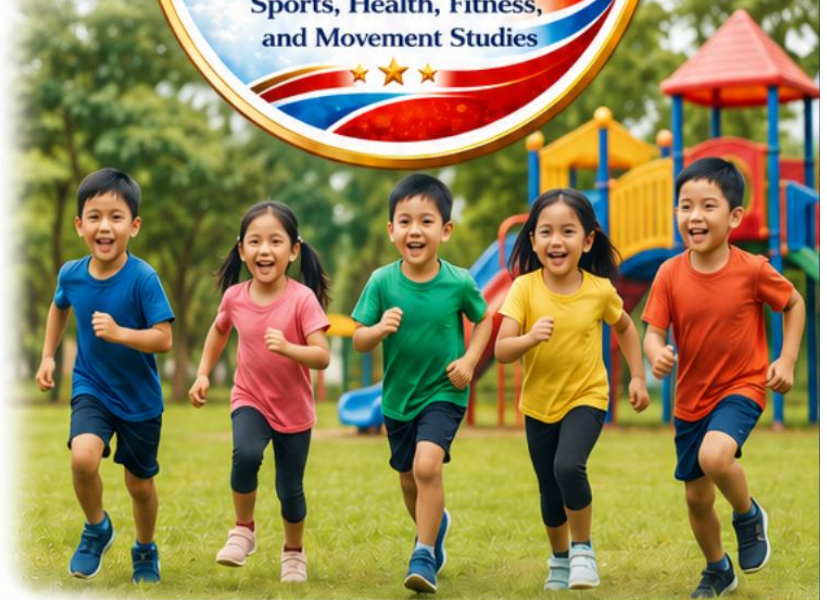
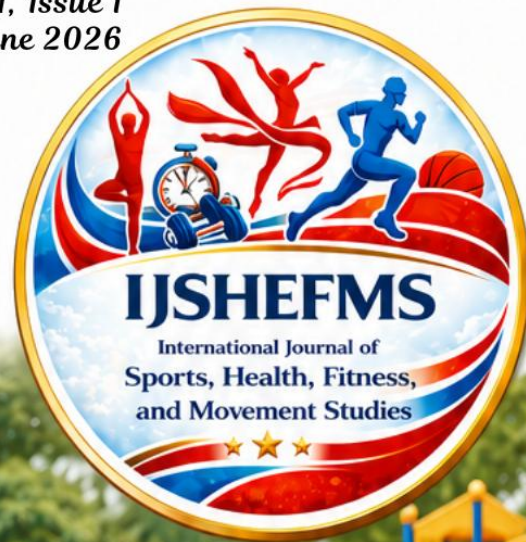
- Featuring selected peer-reviewed studies from the International Journal of Sports, Health, Fitness, and Movement Studies (IJSHEFMS) (Print ISSN 3116-3882; Online ISSN 3116-3890).

PHYSICAL ACTIVITY ENGAGEMENT, SOCIAL INTERACTION, AND EMOTIONAL REGULATION SKILLS OF KINDERGARTENERS

Judilyn A. Lumajang, LPT^{*1}, Ma. Fe D. Opina, EdD²

^{1,2} Liceo de Cagayan University, Kauswagan, Cagayan de Oro City, Philippines

*Corresponding Author e-mail: jlumajang@liceo.edu.ph



AIM

This study examined how physical activity engagement and social interaction skills influence emotional regulation among kindergarten learners in public elementary schools, highlighting the role of movement-based experiences in early childhood development.



METHODOLOGY

A predictive correlational research design was used with 136 kindergarten learners from four public elementary schools during School Year 2025–2026. Validated questionnaires measured physical activity engagement, social interaction skills, and emotional regulation skills. Data were analyzed using frequency, weighted mean, standard deviation, Pearson correlation, and multiple regression analysis.



RESULTS

- Physical activity engagement was high, with bone-strengthening activities obtaining the highest mean.
- Social interaction skills were high, particularly stress management.
- Emotional regulation skills were high, with emotional flexibility as the strongest dimension.
- Social interaction skills were the strongest predictor of emotional regulation.



CONCLUSION

Emotional regulation among kindergarten learners is significantly influenced by opportunities for social interaction and movement-based activities in classroom environments. Integrating structured physical play and socio-emotional learning strategies in early childhood education can strengthen children's emotional competence and support holistic development, highlighting the importance of movement-based learning in promoting health, physical engagement, and emotional well-being among young learners.



PRACTICAL IMPLICATIONS

- Schools should integrate structured physical activities and social-emotional learning in daily routines.
- Teachers can use movement-based strategies to help children manage emotions and build positive relationships.
- Parents are encouraged to support active play and meaningful social interactions at home.



WHY IT MATTERS

This study emphasizes that movement and meaningful social interactions in early childhood education contribute to stronger emotional regulation—an essential foundation for lifelong learning, well-being, and success.



HOW TO CITE THIS ARTICLE:

Lumajang, J. A., & Opina, M. F. D. (2026). Physical activity engagement, social interaction, and emotional regulation skills of kindergarteners. *International Journal of Sports, Health, Fitness, and Movement Studies (IJSHEFMS)*, 1(1), 1-12.
<https://doi.org/10.63498/ijshfms1>

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— MUSCLES & PHILOSOPHY



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- Best Commercial Gyms
- Best Boutique Gyms
- Best University Gyms
- Best Community Fitness Centers
- Best CrossFit Facilities
- Best Strength & Conditioning Centers



TOP 50 SPORTS FACILITIES

- Stadiums
- Sports Complexes
- Aquatic Centers
- High-Performance Centers
- Indoor and Outdoor Tennis & Pickleball Facilities



TOP 50 FITNESS INNOVATIONS



TOP 100 COACHES



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A large, stylized graphic of the Yanyan Vlogs logo. It features a cartoon girl with dark hair, wearing a white short-sleeved shirt with a striped collar and a black pleated skirt, standing with her hands on her hips. She is wearing black boots. The text 'YANYAN VLOGS' is written in a large, bold, black, stylized font, curving around the bottom of the girl. The background is white with blue and pink curved lines and star-like shapes.



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