



Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Tabuk City

DEP-ED - TABUK CITY

AUG 15 2022

RECORDS UNIT

Office of the Schools Division Superintendent

Division Memorandum

No. 243 s. 2022

TO: SDO Personnel
Public Elementary / Secondary School Heads

DATE: August 11, 2022

TITLE: **DIVISION FITNESS AND WELLNESS PROGRAM-ZUMBA WORKOUT AND OTHER/PHYSICAL FITNESS ACTIVITIES**

1. Pursuant to Civil Service Commission (CSC) Memorandum Circular No.8, S. 2011, dated March 7, 2011 re; Reiteration of the Physical Fitness Program "Great Filipino Workout", all government agencies are hereby required to adopt the program as an integral part of the National Physical Fitness and Sports Development Program for government personnel.
2. In adherence thereto, this office shall conduct a physical fitness program specifically Zumba and other sports/physical fitness activities every Friday afternoon at exactly 4 o'clock in the afternoon.
3. The Physical Fitness and Wellness program aims to:
 - 3.1 Increase awareness of the role and importance of proper diet and physical activity in the prevention of being overweight and obese.
 - 3.2 It helps maintain a good cardiovascular respiratory system and reduces the risk of developing mental illness
 - 3.3 Release the emotional and physical tensions brought by daily stressful routinely work during this pandemic situation.
4. In compliance with the guidelines, participants shall wear/bring the following:
 - Jogging pants/ short pants/ leggings
 - Comfortable t-shirts (stretchable) or any sando sports wear
 - Drinking water/juice
5. For your guidance and strict compliance.


IRENE S. ANGWAY, PhD, CESO VI
Schools Division Superintendent



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SDO Tabuk City L & D Databank System Link: <https://tinyurl.com/SDOTabukCityLNDaBaSy>