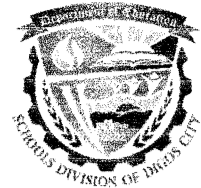




Republic of the Philippines
Department of Education
 Region XI
SCHOOLS DIVISION OF DIGOS CITY
 Digos City



September 9, 2016

DIVISION MEMORANDUM
 No. 494, series of 2016

OBSERVANCE OF PHYSICAL FITNESS PROGRAM "GREAT FILIPINO WORKOUT"

To: All Digos City Division Office Personnel

1. Pursuant to the herein Civil Service Commission (CSC) Memorandum Circular Number 8 series 2011 dated March 7, 2011 re: Reiteration of the Physical Fitness Program "Great Filipino Workout", all government agencies are hereby required to adopt "The Great Filipino Workout" 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 "Great Filipino Workout" specifically "Hataw" or Zumba and Fun Games every Fridays from 3:00-5:00pm starting September 16, 2016 at the Division Office grounds.
3. The "Hataw" or Zumba and Fun Games shall be conducted based on the schedule and assigned groupings to wit:

SCHEDULE (every month)	ASSIGNED GROUP	DUTIES
1 st Friday	Accounting	1. Set-up sound system and projector 2. Lead the "Hataw" or Zumba and Fun Games 3. Perform other tasks relevant to the activity
2 nd Friday	SGOD	
3 rd Friday	CID	
4 th Friday	Administration	

4. Wearing of workout clothes is also advised during the activity. Attendance shall be checked by the Personnel Section as part of the documentation in the PRIME-HRM.
5. For strict compliance.

DepEd Schools Division Office, Digos City

RELEASED 8467

SEP 09 2016 TIME 9:24 AM

By:

DEE D. SILVA, DPA, CESO VI
 Schools Division Superintendent

MEMORANDUM CIRCULAR

TO : ALL HEADS OF CONSTITUTIONAL BODIES, DEPARTMENTS, BUREAUS, AND AGENCIES OF THE NATIONAL GOVERNMENT, LOCAL GOVERNMENT UNITS, STATE COLLEGES AND UNIVERSITIES AND GOVERNMENT-OWNED OR CONTROLLED CORPORATIONS WITH ORIGINAL CHARTERS

**SUBJECT : Reiteration of the Physical Fitness Program
"Great Filipino Workout"**

The Civil Service Commission (CSC) as the central personnel agency of the government issued Memorandum Circular (MC) No. 38, s. 1992 regarding the "Physical and Mental Fitness Program for Government Personnel", dated September 30, 1992.

The CSC also issued MC No. 6, s. 1995, dated April 20, 1995, requiring all agencies to adopt "The Great Filipino Workout" as an integral part of the National Physical Fitness and Sports Development Program for government personnel.

In order to develop a healthy and alert workforce, the CSC reiterates the implementation of the program, particularly:

1. Allotment of a reasonable time for regular physical fitness exercise and inclusion of physical fitness exercises in seminars, training programs and similar occasions.

The above-stated MCs authorize one (1) hour each week for the conduct of health awareness program and twenty (20) minutes daily for the conduct of wellness or fitness program. Where public services will be unduly disrupted or prejudiced, the personnel complement may be divided into such number of groups as may be necessary who shall undertake such activities in different times of the day and different days of the week; and

2. Adoption of plans for a continuing physical fitness and sports activities.

The activities shall be integrated as part of the agency health and wellness program.


FRANCISCO T. DUQUE III, MD, MSc.
Chairman

07 MAR 2011

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