



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



DIVISION MEMORANDUM
No. 178, S. 2019

February 21, 2019

**REACTIVATION OF THE DIVISION PHYSICAL AND
MENTAL FITNESS PROGRAM**

TO: SGOD Chief

ATTN: HEALTH UNIT PERSONNEL
c/o Dr. Jasmine A. Asarak

1. Pursuant to the enclosed Civil Service Commission (CSC) Memorandum Circular (MC) No. 38 s.1992, entitled "Physical and Mental Fitness Program for Government Personnel" and dated September 30, 1992, you are hereby directed to reactivate the one-hour a week conduct of the health awareness program in this division, preferably on Fridays from 4pm to 5pm, starting March 2019.
2. To ensure personnel participation without compromising public service, you may employ strategies like groupings wherein 1-2 groups shall undertake the activity for the week, or other arrangements that you think would work better to achieve long-term health benefits.
3. Attendance is a must. Moreover, the fitness program shall be conducted regularly until otherwise rescinded by another issuance.
4. For your guidance and compliance.

WINNIE E. BATON, Ed.D

Officer-In-Charge

Office of the Schools Division Superintendent

*For and in the absence of the
Schools Division Superintendent*

[Signature]
SOLLIE B. OLIVER, LLB
Chief ES-SGOD

DepEd Schools Division of Digos City

RECORDS SECTION

RELEASED
29524
DATE: FEB 27 2019 TIME: 9:10 AM

BY: *[Signature]*

Encl: as stated

References: as stated

To be indicated in the Perpetual Index under the following subjects: SGOD HEALTH FITNESS PROGRAM
C.UY 21 February 2019; REACTIVATION OF THE DIVISION PHYSICAL AND MENTAL FITNESS PROGRAM



MC NO. 38 S.1992

MEMORANDUM CIRCULAR

TO : ALL HEADS OF DEPARTMENTS, BUREAUS AND AGENCIES
OF THE NATIONAL AND LOCAL GOVERNMENTS, INCLUDING
GOVERNMENT-OWNED AND/OR CONTROLLED CORPORATIONS

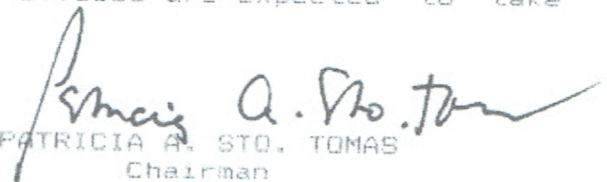
SUBJECT: Physical and Mental Fitness Program for Government
Personnel.

This Commission, pursuant to its mandate as the central personnel agency of the government, hereby authorizes for one hour each week, preferably from 4:00 o'clock p.m. up to 5:00 o'clock p.m., the conduct of the health awareness program and for twenty (20) minutes daily, preferably before or after 10:00 o'clock a.m. or 3:00 o'clock p.m., the conduct of the 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 which shall undertake such activities in the different times of the day and different days of the week.

Cultural and athletic activities may still be conducted within the authority provided by the annual general appropriation acts and the limitations prescribed by presidential issuances and other pertinent rules and regulations.

To achieve long-term health thru exercise and related physical fitness activities, all departments, bureaus and agencies of the national and local governments including government-owned and controlled corporations are hereby enjoined to implement this physical and mental fitness program which is supportive of the Program: Mens Sana in Corpore Sano (a sound mind in a sound body) of the Philippine Sports Commission.

To assist in the undertaking, a list of possible fitness activities and their descriptions are attached together with relevant literature on the preservation of physical and mental health. The HRD/HRM or Personnel Offices are expected to take the lead in these activities.


PATRICIA A. STO. TOMAS
Chairman

September 30, 1992