



Republic of the Philippines
Department of Education
REGION IX
SCHOOLS DIVISION OF DAPITAN CITY

DIVISION MEMORANDUM

No. 397 s. 2022

TO : Assistant Schools Division Superintendent
Chief CID & SGOD
Education Program Supervisor
Public School District Supervisor
Public Elementary and Secondary School Heads
SDO - Based Personnel
All Others Concerned
This Division

FROM : FELIX ROMY A. TRIAMBULO, CESO V
Schools Division Superintendent

SUBJECT: HEALTH AND WELLNESS PROGRAM

DATE : September 29, 2022

1. Pursuant to CSC Memorandum Circular No. 8, s. 2011 re: Reiteration of the Physical Fitness Program "Great Filipino Workout" as an integral part of National Fitness and Sports Development Program for government personnel.
2. To maintain good health and wellness, and also to develop healthy and alert workforce, the following activities are recommended:
 - a. Galaw Pilipinas: The National Calisthenics Exercise (DepEd Order No. 61, s. 2021)
 - b. All Division based personnel are encouraged to join the Physical Fitness Exercise (Zumba Dance/ Sports Activity) every Thursday of the week at 3:00 to 4:00 P.M
3. The said program is included in the Gender and Development (GAD) for Calendar Year 2022. GAD funds were utilized in the implementation of the program.
4. All participants are advised to wear their sports attire during the implementation of the program.
5. Immediate dissemination of this memorandum is desired.



Sunset Boulevard, Dawo, Dapitan City
(065) 917-5113
www.depeddapitancity.net

dapitancity@deped.gov.ph
fb.com/DepEdDapitanCity



Department of Education
Division of Dapitan City

RELEASED

NO 397 DATE 09/29/22
TIME 9:13 BY Ca



Republic of the Philippines
Department of Education
REGION IX
SCHOOLS DIVISION OF DAPITAN CITY

I. BACKGROUND AND RATIONALE

World Health Organization (WHO) defines health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness) WHO defines wellness as “the optimal state of health of individuals and groups,” and wellness is expressed as “a positive approach to living. There are five main aspects of personal health: physical, emotional, social, spiritual and intellectual.

Employees Welfare Health Program (EHWP) is a work site-based program designed to assist in the identification and resolution of performance and behavioral problems resulting from personal and work-related concern. Studies shows that employees are more likely to be on the job and performing well when they are in optimal health. Benefits of the implementing a wellness program include, improve disease management prevention, and a healthier workforce in general, both of which contribute to lower health care cost.

MC no. 6, s.1995- required all agencies to adopt “the Great Filipino Workout” as an integral part of the National Physical Fitness and Development Program. MC no. 8, s. 2011 reiterated the Physical Fitness Program “Great Filipino Workout”. MC No. 38 s. 1992 directed the implementation of Physical Mental Fitness Program for Government Personnel. To develop a healthy workforce, the CSC reiterates the implementation of the program, particularly:

- a. The above -stated MC authorizes one hour each week for the conduct of health awareness program and twenty minutes daily for the conduct of wellness program. Where public services will be unduly disrupted or prejudiced, the personnel complement maybe divided in to 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.
- b. Adaptation of plans for continuing physical fitness and sports activities.

II. SCOPE AND DURATION

Developing fitness habit or health habit one hour each week every Thursday at 3:00-4:00 P.M. The Employee Health and Wellness Activities shall cover all officials and employees in the SDO regardless of the nature and the status of employment.



 Sunset Boulevard, Dawo, Dapitan City
 (065) 917-5113
 www.depeddapitancity.net

 dapitancity@deped.gov.ph
 [fb.com/DepEdDapitanCity](https://www.facebook.com/DepEdDapitanCity)





Republic of the Philippines
Department of Education
REGION IX
SCHOOLS DIVISION OF DAPITAN CITY

III. Health and Wellness Activities

- ✓ GALAW PILIPINAS: THE DEPED NATIONAL CALISTHENICS EXERCISE PROGRAM aims to promote an active lifestyle for Filipinos that will benefit both their physical and socio emotional well-being; improve strength, flexibility, cardiovascular endurance coordination and balance.
- ✓ Cardio-vascular Exercise -motivates employees to get and get moving helping heartbeat get its target rate more efficiently. These are useful for building endurance than it is losing weight (Aerobics / Zumba sessions with instructress and Sports Activity)



Sunset Boulevard, Dawo, Dapitan City



(065) 917-5113



www.depeddapitancity.net



dapitancity@deped.gov.ph



fb.com/DepEdDapitanCity

