



Republic of the Philippines
Department of Education
REGION V - BICOL
SCHOOLS DIVISION OFFICE OF CATANDUANES

OFFICE MEMORANDUM

No: 09, s. 2025

TO : OIC- Assistant Schools Division Superintendent
Chiefs, CID and SGOD
Unit Heads
All SDO Personnel (Regular Permanent, Job Orders and COS)

FROM : CECILE C. FERRO, CESO VI
Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent

DATE: January 7, 2025

1. Pursuant to Civil Service Commission Memorandum Circular No. 38, dated September 30, 1992, which establishes the Physical and Mental Fitness Program for Government Employees, as well as CSC Memorandum Circular No. 6, dated 1995, all agencies are required to adopt the "Great Filipino Workout" as an integral part of their Physical Fitness and Sports Development Program for employees.
2. The objective of the "Great Filipino Workout Program" is to highlight the importance of a healthy lifestyle and regular physical activity as a strategy to reduce the risk of heart disease. This program aims to ensure that employees have dedicated time each week for physical exercise.
3. In line with this initiative, our office, through the SGOD-SHU, will implement a **"WEEKLY ZUMBA"** session for all employees (regular permanent, job orders, and contract of service) every Friday from 4:00 to 5:00 in the afternoon.
4. The purpose of this program is to promote, maintain, and enhance the well-being of SDO employees, ensuring they remain productive in the workplace and are less susceptible to illnesses.
5. All SDO employees are enjoined to participate in the activity. However those with medical conditions or who are not physically fit to participate or any other valid reason, are not required to join. Likewise, participants in the zumba sessions are encouraged to wear comfortable sports or workout attire to facilitate their participation in the activity.
6. The weekly attendance of the participants shall be checked and recorded by Mr. Ahdel D. Idanan-Division Mental Health Coordinator for future reference and or reward and incentives.
7. For the information, guidance, and compliance of all concerned.



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