



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

Office of the Schools Division Superintendent

September 2, 2026

DIVISION MEMORANDUM

No. 467, s. 2026

IMPLEMENTATION OF WEEKLY WELLNESS ACTIVITY FOR ALL SDO EMPLOYEES

To: Assistant Schools Division Superintendent
Chief Education Supervisors, CID and SGOD
Education Program Supervisors
Public Schools District Supervisors
Division Office Section Heads
All Other Personnel Concerned

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 "Great Filipino Workout Program" aims to promote a healthy lifestyle and regular physical activity as a strategy to reduce the risk of heart disease and other chronic conditions. It also provides employees with dedicated time for physical exercise, thereby promoting health and wellness and supporting a healthy and productive workforce.
3. In line with this initiative, this Office, through the School Governance and Operations Division – School Health and Nutrition Unit (SGOD-SHNU), shall implement a **"WEEKLY WELLNESS ACTIVITY"** every Thursday, from 3:00 to 5:00 p.m., which shall include pickleball and basketball games, Zumba/aerobic dance, and other appropriate wellness and physical fitness activities.
4. All SDO employees are enjoined to participate in the activity. Non-teaching personnel assigned in the field may likewise participate, subject to the approval of their respective School Heads and provided that their participation will not disrupt or adversely affect regular school operations. Employees with medical conditions, physical limitations, or other valid reasons that may prevent them from safely participating in the activities shall not be required to participate. Participants are encouraged to wear comfortable and appropriate sports or workout attire.
5. The attendance of participants shall be monitored and recorded weekly by designated personnel of the SGOD-SHNU for documentation and reference purposes.
6. For the information, guidance, and compliance of all concerned.



JAY S. MONTALTO, CESO V
Schools Division Superintendent



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MC No. 8, s. 2011

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

In a Race to Serve: Responsive, Accessible, Courteous and Effective Public Service



MC No. 06, s. 1995

MEMORANDUM CIRCULAR

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

SUBJECT: "The Great Filipino Workout"

In Resolution No. ~~95-2803~~ dated April 20, 1995 promulgated by this Commission pursuant to Proclamation No. 528 it is required that all agencies shall adopt "The Great Filipino Workout" as an integral part of their physical Fitness and Sports Development Program.

"The Great Filipino Workout" is the physical fitness project in furtherance of the national policy of "Sports-For-all" under the National Fitness and Sports Development Program of the Government. It is designed to inculcate in us the importance of a healthy lifestyle and a regimen of regular physical fitness activities as a strategy to reduce the level of risk factor of heart diseases".

In order to attain the objectives of the National Physical Fitness and Sports Development Program and the development of a healthy and alert workforce in government, all Heads of Departments, Bureaus and Agencies of the National and Local Governments including Government-Owned and/or Controlled Corporations are hereby required to adopt and implement "The Great Filipino Workout" as an integral part of their Physical Fitness and Sports Development Program and particularly:

1. To allot a reasonable time for weekly physical fitness exercise for its officers and employees, consistent with Memorandum Circular No. 38, series of 1992 of this Commission;
2. To include a reasonable period of time for physical fitness exercises by all participants in seminars, training courses and similar occasions;

3. To adopt appropriate plans for a continuing physical fitness and sports activities for its officials and employees; and
4. To submit to the Civil Service Commission through the Human Resource Development Office a monthly report on the implementation of Project: "The Great Filipino Workout."

This Memorandum Circular shall take effect immediately.


CORAZON ALMA G. DE LEON
Chairman

April 20, 1995
RDO/ECB/bas/mc.528/vrn