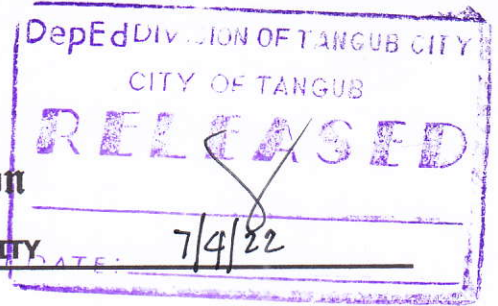




Republic of the Philippines
Department of Education
Region X
SCHOOLS DIVISION OF TANGUB CITY



Office of the Schools Division Superintendent

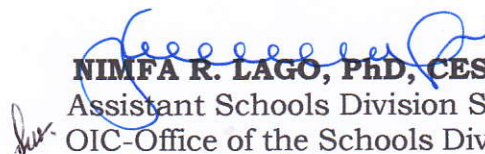
July 4, 2022

OFFICE MEMORANDUM
No. *173*, s. 2022

YEAR-ROUND WELLNESS PROGRAM IMPLEMENTATION-STAR ALERT

To : Assistant Schools Division Superintendent
Chief, Curriculum Implementation Division (CID)
Chief, School Governance and Operations Division (SGOD)
Education Program Supervisors (EPSs)
Public Schools District In-charge (PSDICs)
All Other Concerned
This Division

1. In consonance with the CSC-MC No.8.s 2011 which reiterates CSC-MC No.38, s.1992 on Physical and Mental Fitness Program for Government Personnel and CSC-MC No.6, s.1995 that requires the adoption of the Great Filipino Workout, this Division embarks on a Year-Round Wellness Program Implementation through Star ALERT at the Division Offices.
2. Relative thereto, all Division Personnel are allotted one (1) hour physical fitness exercises every Wednesday. Appropriate workout attire is advised.
3. Attached are the following:
 - 3.1 SCHEDULE OF WELLNES (3:30-4:30 in the afternoon.)
 - 3.2 Division Personnel may choose various wellness activities:
 - *BODY-BUILDING/TONING - Division Mini Gym
 - *ZUMBA - Conference Hall
 - 3.3 Bell will ring to signal the start of warming up & cooling down.
4. Checking of attendance will be led by Division Health and Nutrition Section.
5. Immediate and wide dissemination of this Memorandum is desired.


NIMFA R. LAGO, PHD, CESO VI
Assistant Schools Division Superintendent
OIC-Office of the Schools Division Superintendent



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