



DEPARTMENT OF EDUCATION
DIVISION OF ZAMBO DEL NORTE
DIPOLONG CITY

RELEASED

Republic of the Philippines
DEPARTMENT OF EDUCATION
Region IX, Zamboanga Peninsula
SCHOOLS DIVISION OF ZAMBOANGA DEL NORTE
Dipolog City 7100

BY: _____

DATE: 12/22/15

DIVISION MEMORANDUM

NO. 771, s. 2015

TO : **All Division Personnel**
This Division

FROM : **NATIVIDAD P. BAYUBAY, CESO VI**
Officer In-Charge
Office of the Schools Division Superintendent

SUBJECT : **DIVISION HEALTH AND WELLNESS PROGRAM**

DATE : December 18, 2015

Research has shown that increased rates of chronic diseases such as hypertension and obesity has been linked to sedentary lifestyle which involves prolonged sitting and not doing or involving much physical activity.

In this connection, a health and wellness program is initiated by the Human Resource and Development Section in coordination with the Health and Nutrition Section to: 1.) boost the personnel and staff's productivity; 2.) manage stress; 3.) promote less absenteeism; and 4.) to reduce the occurrence of chronic diseases. Thus, all are encouraged to bring workout clothes every Tuesday and Friday at 5:15 PM- 6:15 PM since a variety of group fitness class and wellness sessions will be introduced.

Expenses incurred for trainers/ instructors shall be charged against GAD/ HRD funds subject to the usual accounting and auditing rules and regulations.

For information and compliance.