



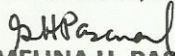
Republic of the Philippines
DEPARTMENT OF EDUCATION
Region III
DIVISION OF CITY SCHOOLS
City of San Jose del Monte



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OFFICE MEMORANDUM

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Curriculum Implementation Division Officers and Staff
School Governance and Operations Division Officers and Staff
Finance Services, Administrative Services and ICT Services Officers and Staff

From: 
GERMELINA H. PASCUAL
Schools Division Superintendent

Subject: Fitness Program

Date: October 7, 2015

In compliance with Civil Service Commission (CSC) Memorandum Circular No. 8, s. 2011, *Reiteration of the Physical Fitness Program "Great Filipino Workout"*, this Office will start a fitness program every Tuesday and Thursday starting on October 13, 2015 at 4:45pm at Office compound.

The objective of this program is to reduce the risk of chronic diseases, improve balance and coordination and help lose weight to improve sleeping habits and self-esteem of employees, and develop a healthy and alert workforce.

All are requested to bring their proper workout attire during the indicated days.

Leaders/ instructors for the fitness program are the following:

Ms. Ma. Felisa C. Camino
Ms. Bernadette Rosaroso
Ms. Leny B. Delos Reyes

For information and guidance.