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July 6, 2015

DIVISION MEMORANDUM
 No. 136 S. 2015

**TO: Public and Private Elementary and
 Secondary School Heads
 Curriculum Implementation Division CID)
 School Governance and Operations Division (SGOD)
 Office of the Schools Division Superintendent (OSDS)**

DIVISION FITNESS AND WELLNESS PROGRAM-ZUMBA WORKOUT

1. In line with DepED Memorandum No. 62, s. 2015 – 2015 Nutrition Month Celebration, paragraph 3.d, DepED employees are enjoined to conduct similar weight loss program, *Belly Gud for Health* activity of the DOH, where employees are encouraged to reduce their waist circumference by having a contest of the person with the highest reduction in waist circumference from July to December.
2. “Stress that comes with work can lead to binge eating and lack of physical activity that may result to over nutrition and over weight, thus the “**Division Fitness and Wellness Program-Zumba Workout**” is being launch which aims to:
 - a. Increase awareness on the role and importance of proper nutrition and physical activity in the prevention of being overweight and obese;
 - b. Reduce Waist circumference, which is a simple and easy measure of central obesity which is the amount of visceral fat (fat that surrounds the inner organs) among adults and a significant indicator of risk for non-communicable disease (NCD), particularly heart diseases and stroke.
3. Schedule of this program/activity is every Friday, starting July 10, 2015 up to the last Friday of December 2015, at 4:00 p.m.
4. Participants to this program/activity are all Division Personnel. In view of this, school heads are instructed to inform the teachers and other stakeholders that every Friday, the **Division Office will be closed** at 4:00 p.m.
5. Education Program Supervisors, Public Schools District Supervisor, Health and Nutrition Staff, and all other Division personnel who are on official business on Fridays monitoring different schools are required to return before 4:00 p.m. to participate in this activity.
6. For your information and guidance.

NICOLAS T. CAPULONG, Ph. D., CESO V
 Schools Division Superintendent