



Department of Education
Region III
DIVISION OF CITY SCHOOLS
Angeles City

Jesus Street, Pulungbulu, Angeles City
Tel. No. (045) 322-5722; 888-0582; 322-4702 / Fax Nos. (045) 887-6099



August 24, 2015


DIVISION MEMORANDUM
NO. 193 S. 2015

**DIVISION PERSONNEL FITNESS AND WELNESS PROGRAM-ZUMBA
WORKOUT**

**To: Office of the Schools Division Superintendent (OSDS)
School Governance Operations Division (SGOD)
Curriculum Implementation Division (CID)
General Services**

1. As stipulated in DepEd Memo No. 62, s 2015, " *Timbang Iwasto , sa Tamang Nutrisyon at Ehersiyol*" paragraph 3 d., DepEd employees are enjoined to conduct a weight loss program that would help reduce waist circumference and Body Mass Index.
2. Stress that oftentimes comes with work can lead to binge eating and lack of physical activity that may result to over nutrition and obesity thus the "Division Fitness and Wellness Program-Zumba Work Out" is being launched. The objective of this activity are the following:
 - a) Increase awareness on the role and importance of proper nutrition and physical activity as a means of preventing obesity.
 - b) Reduce waist circumference, which is a simple and easy measure of central obesity on the amount of visceral fat (fats surrounding the internal abdominal organs) among adults and a significant risk indication of heart disease and possibly stroke.
3. All Division Personnel are encouraged to join the Zumba Workout which will be held every Monday starting on Aug 24, 2015 from 4-5 pm at the Angeles Elementary School Covered Court, Pulungbulu, Angeles City.
4. The participants of all concerned is highly enjoined.

APPROVED:


LEILANI S. CUNANAN, CESO VI
Schools Division Superintendent
Officer In Charge