



July 21, 2015

DepEd-MALAYBALAY CITY DIVISION

**RELEASED**

Date: JUL 23 2015 Time: 2:30  
 By: *[Signature]*

**MEMORANDUM**

**TO:** Chief Education Supervisor & Staff, Curriculum Implementation Division  
 Chief Education Supervisor & Staff, Schools Governance & Operations Division  
 Legal Officer and IT Officer  
 Section/Unit Heads and Staff

*[Signature]*  
**FROM: EDILBERTO L. OPLENARIA, CESO VI**  
 Schools Division Superintendent

**Re: Observance of Physical Fitness Program "Great Filipino Workout"**

1. Pursuant to the herein Civil Service Commission (CSC) Memorandum Circular No. 8, s. 2011 dated March 7, 2011 re: Reiteration of the Physical Fitness Program "Great Filipino Workout", all government agencies are hereby required to adopt "The Great Filipino Workout" as an integral part of the National Physical Fitness and Sports Development Program for government personnel.
2. In adherence thereto, this office shall conduct a Physical Fitness Program "Great Filipino Workout" every Fridays from 3:00pm to 5:00pm starting July 24, 2015 at the Division Office Multi-purpose Hall, to wit:
  - a) Physical Activity I – "Hataw"  
 Coordinators: Rufelia J. Limbengco  
 Florabelle R. Porras
  - b) Physical Activity II – Volleyball Game  
 Coordinators: Joel S. Licayan  
 John F. Daguintas
3. The Physical Activities shall be conducted based on the schedule and assigned groupings to wit;

SCHEDULE	ASSIGNED GROUP	DUTIES
1 <sup>st</sup> Friday	Office of the Schools Division Superintendent – Admin., ICT, & Legal Officer	1. Set-up Sound System/Game Equipment 2. Lead the "Hataw" exercise and Volleyball Game 3. Perform other tasks relevant to the activity
2 <sup>nd</sup> Friday	Curriculum Implementation Division	
3 <sup>rd</sup> Friday	School Governance and Operations Division	
4 <sup>th</sup> Friday	Office of the Schools Division Superintendent – Finance Services & SDS Staff	

4. Wearing of work-out clothes is also advised during the activity. Attendance shall be checked by the Personnel Unit as part of the documentation in the PRIME-HRM.
5. For strict compliance.

Encl.: As stated

Cc: Records Unit  
 Personnel Unit  
 AO



MC No. 8, s. 2011

**MEMORANDUM CIRCULAR**

**TO :** ALL HEADS OF CONSTITUTIONAL BODIES, DEPARTMENTS, BUREAUS, AND AGENCIES OF THE NATIONAL GOVERNMENT, LOCAL GOVERNMENT UNITS, STATE COLLEGES AND UNIVERSITIES AND GOVERNMENT-OWNED OR CONTROLLED CORPORATIONS WITH ORIGINAL CHARTERS

**SUBJECT :** **Reiteration of the Physical Fitness Program  
"Great Filipino Workout"**

The Civil Service Commission (CSC) as the central personnel agency of the government issued Memorandum Circular (MC) No. 38, s. 1992 regarding the "Physical and Mental Fitness Program for Government Personnel", dated September 30, 1992.

The CSC also issued MC No. 6, s. 1995, dated April 20, 1995, requiring all agencies to adopt "The Great Filipino Workout" as an integral part of the National Physical Fitness and Sports Development Program for government personnel.

In order to develop a healthy and alert workforce, the CSC reiterates the implementation of the program, particularly:

1. Allotment of a reasonable time for regular physical fitness exercise and inclusion of physical fitness exercises in seminars, training programs and similar occasions.

The above-stated MCs authorize one (1) hour each week for the conduct of health awareness program and twenty (20) minutes daily for the conduct of wellness or fitness program. Where public services will be unduly disrupted or prejudiced, the personnel complement may be divided into such number of groups as may be necessary who shall undertake such activities in different times of the day and different days of the week; and

2. Adoption of plans for a continuing physical fitness and sports activities.

The activities shall be integrated as part of the agency health and wellness program.

  
**FRANCISCO T. DUQUE III, MD, MSc.**  
Chairman

07 MAR 2011

*In a Race to Serve: Responsive, Accessible, Courteous and Effective Public Service*



MC No. 06, s. 1995

**MEMORANDUM CIRCULAR**

**TO: ALL HEADS OF DEPARTMENTS, BUREAUS AND AGENCIES OF THE NATIONAL AND LOCAL GOVERNMENTS, INCLUDING GOVERNMENT-OWNED AND/OR CONTROLLED CORPORATIONS**

**SUBJECT: "The Great Filipino Workout"**

In Resolution No. ~~45-2803~~ dated April 20, 1995 promulgated by this Commission pursuant to Proclamation No. 528 it is required that all agencies shall adopt "The Great Filipino Workout" as an integral part of their physical Fitness and Sports Development Program.

The Great Filipino Workout" is the physical fitness project in furtherance of the national policy of "Sports-For-all" under the National Fitness and Sports Development Program of the Government. It is designed to inculcate in us the importance of a healthy lifestyle and a regimen of regular physical fitness activities as a strategy to reduce the level of risk factor of heart diseases".

In order to attain the objectives of the National Physical Fitness and Sports Development Program and the development of a healthy and alert workforce in government, all Heads of Departments, Bureaus and Agencies of the National and Local Governments including Government-Owned and/or Controlled Corporations are hereby required to adopt and implement "The Great Filipino Workout" as an integral part of their Physical Fitness and Sports Development Programs and particularly:

1. To allot a reasonable time for weekly physical fitness exercise for its officers and employees, consistent with Memorandum Circular No. 38, series of 1992 of this Commission;
2. To include a reasonable period of time for physical fitness exercises by all participants in seminars, training courses and similar occasions;

3. To adopt appropriate plans for a continuing physical fitness and sports activities for its officials and employees; and
4. To submit to the Civil Service Commission through the Human Resource Development Office a monthly report on the implementation of Project: "The Great Filipino Workout."

This Memorandum Circular shall take effect immediately.

  
CORAZON ALMA G. DE LEON  
Chairman

April 20, 1995  
RDO/RCB/HRD/CSM/HRM