



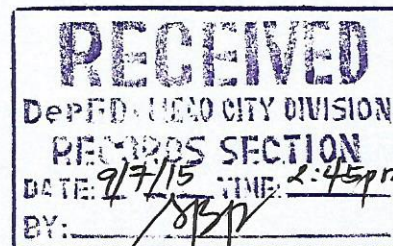
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MEMORANDUM

TO

Division Chiefs
Education Program Supervisors
Public Schools District Supervisors
SDO Section Chiefs
All permanent and non-permanent SDO personnel



FROM

: **MARIA LUISA P. SAMANIEGO**
Asst. Schools Division Superintendent
Officer In-Charge

SUBJECT

: **IMPLEMENTATION OF THE PROJECT "LOSE THAT FLAB!"**

DATE

: September 7, 2015

In support to the mandate of the Civil Service Commission per MC No. 8, s. 2011 to adopt the Physical Fitness Program "Great Filipino Workout" for all government personnel, the Schools Division Office will be implementing the project entitled "Lose that Flab!" to start on September 10, 2014 at 4:30PM at the Schools Division Office grounds. This is a weekly physical fitness activity to be conducted every Tuesday and Thursday from 4:30 PM to 5:30 PM and will culminate in December 2015.

The program aims to:

1. Promote a healthy well-being and a fit lifestyle to all personnel of the Schools Division Office
2. Provide means of releasing stress due to excessive demands of work
3. Improve and develop healthy work relationships through physical and stress-free activities
4. Select the "biggest loser" in terms of weight and waist line at the end of the year

The participants to this activity are all permanent and non-permanent personnel of the Schools Division Office coming from the Office of the SDS, the Curriculum and Implementation Division and the Schools Governance and Operations Division.

All participants will be requested to weigh-in starting September 8, 2015 to September 9, 2015 and the female participants will be requested to measure their waistline at the same time for proper recording to be assisted by the two SDO nurses.

Attached are the mechanics of the program for your reference.

For the information, guidance and compliance of all concerned.

MECHANICS OF THE PROGRAM "LOSE THAT FLAB"

I. Who are qualified to join?

All employees of the Schools Division Office, male or female, whether permanent, casual, job order or on contract of service are enjoined to participate in this activity. Those employees who are suffering from illness which prohibits them from performing strenuous activities such as this will be exempted to join.

II. What will be the outfit?

During the activity, participants will be required to wear comfortable clothing such as jogging pants, leggings, pedals or shorts, shirts and work-out shoes. Wearing of super short shorts/skirts and see-through shirts are strictly prohibited.

III. How to register?

There will be no registration fee. All that the participants need to do is to proceed to the venue on the first day of the implementation of this program to register their names and submit themselves to the initial weigh-in and measuring of the waist-line. The nurses will be at the venue to assist the participants in this activity.

IV. What are the Activities?

On the first day of the implementation of this program, all participants will be subjected to the initial weigh-in and measuring of the waistline. Twice a week at the most from August until December, there will be a work-out activity at the Schools Division Office preferably at the Training Hall or anywhere in the Office wherever is available. The goal of this program is not necessarily to win the search but to promote and maintain a good health through fun and stress-free physical activities.

V. What are the criteria in the selection of the biggest loser?

There will be two categories for the search which are the male and the female category. For the male category, there will only be one criterion in the selection of the biggest loser which is the weight while the female category, will have two criteria which is the weight and the waistline.

VI. How do you select the winner?

The weight during the *initial weigh-in* will be deducted from the weight during the *final weigh-in*. The highest or the biggest loser in weight (kgs.) both in the female and male category will be declared as the winners. On the other hand, the waist-line measurement during the first day will also be deducted from the waist-line measurement during the last day. The biggest loser in waistline (inches) will be declared as the winner in the female category.

VII. What are the prizes or awards?

The winner for both male and female will receive a certificate and a non-monetary award during the day of the announcement.