



DIVISION MEMORANDUM

No. 321 s, 2019

TO: **All Division Office Personnel
This Division**

FROM: **MARILOU B. DEDUMO, Ph.D., CESO V**
School Division Superintendent

SUBJECT: **DIVISION ZUMBA**

DATE: **July 18, 2019**

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1. 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. In addition, non-communicable diseases nowadays are the leading causes of mortality particularly of the heart and vascular system, malignant neoplasm & Diabetes Mellitus.
 2. Pursuant to this, this division through the SGOD-SHD will launch an office-based "Division Zumba" every Thursday of the week from 3:00PM-4:00PM starting July 25, 2019 at the Division Office Ground.
 3. This activity aims to:
 - Inculcate the importance of a healthy lifestyle and a regimen of regular physical fitness activity, as a strategy to reduce the level of risk factors such as heart ailment, high cholesterol and waist circumference above the normal range;
 - Encourage employees to make positive decision towards healthy diets and regular exercise to prevent obesity problem and;
 - Develop and maintain a healthy and alert workforce
 4. All personnel of this office are hereby requested to participate in this activity. Attendance will be check right after Zumba dance.
 5. For your strict guidance and compliance.