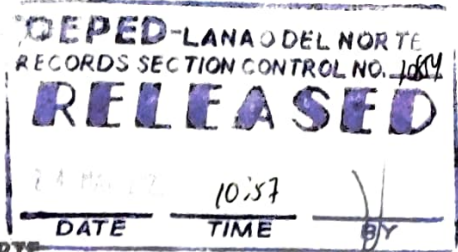




Republic of the Philippines  
**Department of Education**  
REGION X  
**SCHOOLS DIVISION OF LANA O DEL NORTE**



22 MAY 2023

**OFFICE MEMORANDUM**

**A HEALTHY LIFESTYLE IN THE NEW NORMAL**

To: All Division Office Personnel  
All Others Concerned  
This Division

1. Relevant to the Memorandum Circular No. 8, s. 2011 issued by the Civil Service Commission titled "Reiteration of the Physical Fitness Program: Great Filipino Workout" and to Division Memorandum No. 69, s. 2022 titled "Revitalization of Fit and Fab Program", this Office directs all Division Office-based personnel to allocate 30 minutes of their time any time of the day for walking through the use of the existing treadmills, stationary bikes and twist disc located at the physical fitness area.
2. Similarly, Division Office-based personnel may have dance fitness (Zumba) every 4:00 PM onwards during Wednesdays and Fridays of the week.
3. All physical activities to be undertaken shall be done by batch, represented by one or two personnel of the same section in order to ensure continuous service among clientele by the office.
4. Division Office-based personnel who shall have the biggest weight loss shall be rewarded by the end of the year during the Program on Awards and Incentives for Service Excellence (PRAISE) recognition activity.
5. Observance of the standard health protocols such as proper hand hygiene, physical distancing and proper ventilation shall be practically undertaken in all of the aforementioned activities.
6. Immediate dissemination of and strict compliance of this Memorandum is desired.

**EDWIN R. MARBOJOC, EdD, CESO V**  
Schools Division Superintendent

Reference: Civil Service Commission Memorandum Circular No. 8, s. 2011 & Division Memorandum No. 69, s. 2020  
To be indicated in the Perpetual Index  
Under the following subject

A HEALTHY LIFESTYLE IN THE NEW NORMAL OFFICE MEMO

Putis/OM- A Healthy Lifestyle in the New Normal  
May 22, 2023



Address: Pigcarangan, Tubod, Lanao del Norte  
Telephone No.: (063) 227-6150  
Email Address: [lanao.norte@deped.gov.ph](mailto:lanao.norte@deped.gov.ph)  
Web site: <https://depedln.com>



Management System  
ISO 9001:2015

