



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

DEPED LANA DEL NORTE	
RECORDS SECTION CONTROL NO. <u>11169</u>	
RELEASED	
29 MAY 2023	1:55
DATE	TIME
BY <u>[Signature]</u>	

29 MAY 2023

OFFICE MEMORANDUM

ADDENDUM TO OFFICE MEMORANDUM DATED 22 MAY 2023
re: A HEALTHY LIFESTYLE IN THE NEW NORMAL

To: All Division Office Personnel
All Others Concerned
This Division

1. In reference to the attached Office Memorandum dated May 22, 2023 titled "A Healthy Lifestyle in the New Normal", 1-minute physical exercises shall be done every 10:00 AM and 3:00 PM, in addition to the 30-minute daily walking and/or use of treadmills, stationary bikes and twist disc.
2. Video clips for the aforementioned suggested 30-second and 1-minute physical exercises can be accessed at 10 am and 3 pm 1 minute exercises in Dep Ed Lanao del Norte Division | Facebook.
3. All other provisions in the previous Office Memorandum shall remain in effect.
4. Immediate dissemination of and strict compliance of this Memorandum is desired.

EDWIN R. MARIBOJOC, EdD, CESO V
Schools Division Superintendent

Reference: Civil Service Commission Memorandum Circular No. 8, s. 2011 & Office Memorandum dated May 22, 2023
To be indicated in the Perpetual Index
Under the following subject

ADDENDUM TO A HEALTHY LIFESTYLE IN THE NEW NORMAL OFFICE MEMO

Velez/OM- Addendum to A Healthy Lifestyle in the New Normal
May 29, 2023



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



Management System
ISO 9001:2015

