

## MEMORANDUM CIRCULAR

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

**SUBJECT: "Civil Servants' Health and Wellness Month"**

Through the years, the Civil Service Commission has been promoting health and wellness in the bureaucracy through various physical fitness activities such as the conduct of regular aerobics/mass calisthenics sessions using the "Bidyo Ehersisyo"; agency and inter-agency sports competitions, weekly Ballroom Dancing activity, and conduct of sports trainings in coordination with the Philippine Sports Commission (PSC) such as swimming, volleyball, basketball, table tennis, lawn tennis, martial arts, etc.

To sustain the purpose of these efforts, the Civil Service Commission has identified the month of July 2009 as "Civil Servants' Health and Wellness Month".

During the entire month, all government personnel are encouraged to take part in the following activities:

- a) Briefing during the flag raising ceremony of agencies – An expert to talk about fitness, wellness, health and healthy lifestyle. The briefing may be conducted as part of the flag raising ceremonies of agencies or agencies may schedule a half-day symposium within the month on the subject matter;
- b) One-day fun games for all officials and employees where nutritious food will be served (games may include tug-of-war, fun walk, etc.);
- c) Calisthenics and aerobics day once a week every Wednesday, 4:30 p.m.;
- d) Minimize use of elevator when going up or down by just two (2) floors; and
- e) Special "cheering" activity once a day.

Heads of agencies may conduct other activities promoting health and wellness in their respective organizations.

  
**RICARDO L. SALUDO**  
Chairman

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11 JUN 2009