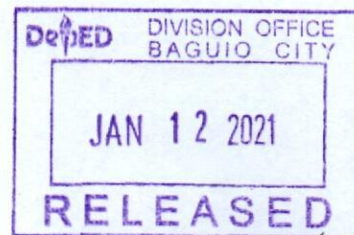




Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



January 12, 2021


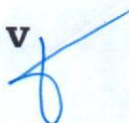
OFFICE MEMORANDUM

No. 029, s. 2021

ZUMBA WORKOUT AND SEARCH FOR BIGGEST LOSER (YEAR 2)

To: All SDO Personnel

1. Pursuant to CSC MC No.08 s.2011 "Reiteration of the Physical Fitness Program and implementation of Fitness Heroes SDO-Baguio City Employees Year 2, there will be a zumba workout for all employees every Friday from 8:00-9:00AM starting January 15,2021.
2. The objectives of the aforesaid activity are as follows:
 - a. to promote physical and mental health among male and female employees;
 - b. to decrease the number of male and female employees with medical condition; and
 - c. to improve work performance of the employees.
3. For the biggest loser, male and female employees are encouraged to compute their Body Mass Index (BMI) and submit to Ms. Asuncion C. Saguid of the Human Resource Development Section. The BMI after 6 months will be the basis for the Biggest Loser winner.
4. The uniform to be used during the activity will be the Fitness Heroes SDO-Baguio City Employees advocacy T-shirt (navy blue).
5. Immediate dissemination of this memorandum is desired.


MARIE CAROLYN B. VERANO, CESO V
Schools Division Superintendent 



Address: 82 Military Cutoff Road, Baguio City

Telephone: Office of the SDS: 442-7819 telefax; Front Desk: 442-4326; Planning Office: 446-6738;

Supply Office: 442-4393; Administrative Services: 244-0978

E-mail: depedbaguiocty@gmail.com

Website: www.depedpines.com