

August 31, 2016

SPECIAL ORDER
 NO. 831
 Series of 2016

SUBJECT: SCHEDULE OF SPORTS ACTIVITY AND USE OF PCAF-DA GYM FOR THE WELLNESS PROGRAM OF EMPLOYEES OF DA PROPER

In order to promote a healthy lifestyle among government employees, the DA Proper is implementing activities that are in line with the **Civil Service Commission (CSC) Memorandum Circular No. 38 series of 1992, dated September 30, 1992**, entitled "*Physical and Mental Fitness Program for Government Personnel*". Said activities are also consistent with **CSC Memorandum Circular No. 06, s. 1995, dated April 20, 1992** and as reiterated on **CSC Memorandum Circular No. 08, s. 2011, dated March 7, 2011**, requiring all agencies to adopt "*The Great Filipino Workout as an Integral Part of the National Physical Fitness and Sports Development Program*" for government personnel.

In this regard, Supervisors are authorized to allow employees under them to leave their respective offices and participate in various activities on the following schedules:

SPORTS ACTIVITIES	PLAYING SCHEDULE & USE OF PCAF-DA GYM (DAY & TIME)
BASKETBALL	MONDAY-WEDNESDAY- FRIDAY 12:00NN TO 1:00PM (<i>Lunch break</i>) MONDAY & WEDNESDAY 4:30PM TO 7:00PM
VOLLEYBALL	THURSDAY 4:30PM TO 7:00PM
BADMINTON	TUESDAY & THURSDAY 12:00NN TO 1:00PM (<i>Lunch break</i>) TUESDAY & FRIDAY 4:30PM TO 7:00PM

It is understood, however, that official duties shall be given priority in case of conflict in schedule.

This Order takes effect immediately. All orders and memoranda inconsistent herewith are deemed revoked.

EMMANUEL E. PIÑOL
 Secretary

DEPARTMENT OF AGRICULTURE

 In replying pls cite this code:
 For Signature: S-09-16-0240
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MC No. 06, s. 1995

MEMORANDUM CIRCULAR

TO: ALL HEADS OF DEPARTMENTS, BUREAUS AND AGENCIES OF THE NATIONAL AND LOCAL GOVERNMENTS, INCLUDING GOVERNMENT-OWNED AND/OR CONTROLLED CORPORATIONS

SUBJECT: "The Great Filipino Workout"

In Resolution No. 95-2807 dated April 20, 1995 promulgated by this Commission pursuant to Proclamation No. 528 it is required that all agencies shall adopt "The Great Filipino Workout" as an integral part of their Physical Fitness and Sports Development Program.


The Great Filipino Workout" is the physical fitness project in furtherance of the national policy of "Sports-For-all" under the National Fitness and Sports Development Program of the Government. It is designed to inculcate in us the importance of a healthy lifestyle and a regimen of regular physical fitness activities as a strategy to reduce the level of risk factor of heart diseases".

In order to attain the objectives of the National Physical Fitness and Sports Development Program and the development of a healthy and alert workforce in government, all Heads of Departments, Bureaus and Agencies of the National and Local Governments including Government-Owned and/or Controlled Corporations are hereby required to adopt and implement "The Great Filipino Workout" as an integral part of their Physical Fitness and Sports Development Program and particularly:

1. To allot a reasonable time for weekly physical fitness exercise for its officers and employees, consistent with Memorandum Circular No. 38, series of 1992 of this Commission;
2. To include a reasonable period of time for physical fitness exercises by all participants in seminars, training courses and similar occasions;

3. To adopt appropriate plans for a continuing physical fitness and sports activities for its officials and employees; and
4. To submit to the Civil Service Commission through the Human Resource Development Office a monthly report on the implementation of Project: "The Great Filipino Workout."

This Memorandum Circular shall take effect immediately.


CORAZON ALMA G. DE LEON
Chairman

April 20, 1995
RDO/ECB/bs/mc/28/vm



MC No. 8, s. 2011

MEMORANDUM CIRCULAR

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

SUBJECT : Reiteration of the Physical Fitness Program
"Great Filipino Workout"

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.

The CSC also issued MC No. 6, s. 1995, dated April 20, 1995, requiring all agencies to adopt "The Great Filipino Workout" as an integral part of the National Physical Fitness and Sports Development Program for government personnel.

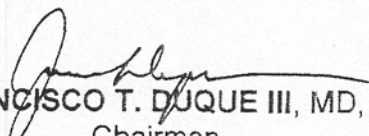
In order to develop a healthy and alert workforce, the CSC reiterates the implementation of the program, particularly:

1. Allotment of a reasonable time for regular physical fitness exercise and inclusion of physical fitness exercises in seminars, training programs and similar occasions.

The above-stated MCs authorize one (1) hour each week for the conduct of health awareness program and twenty (20) minutes daily for the conduct of wellness or fitness program. Where public services will be unduly disrupted or prejudiced, the personnel complement may be divided into such number of groups as may be necessary who shall undertake such activities in different times of the day and different days of the week; and

2. Adoption of plans for a continuing physical fitness and sports activities.

The activities shall be integrated as part of the agency health and wellness program.


FRANCISCO T. DUQUE III, MD, MSc.
Chairman

07 MAR 2011



M.C. No. 21 s. 2009

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"

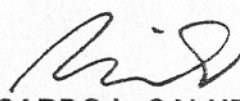
Through the years, the Civil Service Commission has been promoting health and wellness in the bureaucracy through various physical fitness activities such as the conduct of regular aerobics/mass calisthenics sessions using the "Bidyo Ehersisyo", agency and inter-agency sports competitions, weekly Ballroom 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

/hrdo

19 JUN 2009