



Republic of the Philippines
Department of Education
REGION III
Schools Division Office of Bulacan

August 1, 2022

DIVISION MEMORANDUM
No. 260, s.2022

ZUMBA EXERCISE PROGRAM FOR ALL PERSONNEL OF SDO BULACAN

To: Assistant Schools Division Superintendents
Division Chiefs
Unit Heads
School Health Section
All Division Personnel

1. The Schools Division of Bulacan, pursuant to the Civil Service Commission (CSC) Memorandum Circular No. 8, series 2011 regarding the reiteration of the physical fitness program, "The Great Filipino Workout", encourages all its division personnel to join the "Zumba Dance Program" which shall be held every Monday and Thursday.
2. The activity aims to:
 - Improve strength and cardiovascular performance which will lead to decreased body fat; and
 - Improve overall health and reduction of the risks for many diseases.
3. The Zumba exercise program shall be organized by the School Health Section every Monday after the flag raising ceremony and every Thursdays in the afternoon at the Conference Hall. The exercise program shall be conducted for 20-30 minutes every session.
4. Participants to this activity are all the Division Personnel, Unit Heads, CID Chief, SGOD Chief, and ASDSs.
5. It is expected that all participants observe the minimum health standard protocols in compliance to omnibus guidelines on the implementation of community quarantine in the Philippines for the management of emerging infectious disease as pre-emptive interventions to combat Covid-19.
6. Immediate dissemination of this Memorandum is desired.

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