



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

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December 07, 2022

DIVISION MEMORANDUM  
No. 443, s.2022

**LAUNCHING OF SDO BULACAN FITNESS FACILITY AND WELLNESS PROGRAM**

To: Assistant Schools Division Superintendent  
Division Chiefs  
Unit Heads  
Division Personnel  
All others concerned

1. Pursuant to Civil Service Commission (CSC) Memorandum Circular No. 8, series 2011 on the reiteration of the Physical Fitness Program, "The Great Filipino Workout", the Schools Division of Bulacan shall launch SDO Bulacan Fitness Facility and Wellness Program through the search for Fit and Fab Buddies 2022 on January 05, 2023, 8:00 am to 12:00 nn at the SDO Fitness Facility.
  2. The activity aims to:
    - Promote utilization of the wellness programs provided by the division office,
    - Encourage the employees to maximize free access to the fitness facility,
    - Encourage buddy system to increase motivation and improve support system,
    - Showcase wit and talent of employees representing each unit,
    - Enhance awareness on the importance of physical and mental well-being, and
    - Promote safe use of the gym equipment.
  3. Participants to this activity are all the employees of the schools division office. Each unit shall choose two representatives for the search for SDO Bulacan Fit and Fab Buddies 2022.
  4. Attached is the guidelines and mechanics for the search for SDO Bulacan Fit and Fab Buddies 2022 for reference.
  5. All transactions and services shall not be interrupted during the conduct of activity in accordance to RA 11032 or the Ease of Doing Business and Efficient Government Service Delivery Act of 2018.
  6. Expenses to be incurred in the conduct of the said activity shall be charged against GAD Fund subject to the usual accounting and auditing rules and regulations.
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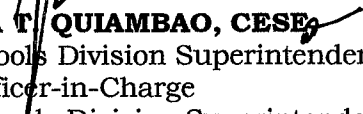
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7. It is expected that all participants observe the minimum health standard protocols in compliance to omnibus guidelines on the implementation of community quarantine in the Philippines for the management of emerging infectious disease as pre-emptive interventions to combat Covid-19.
8. Immediate dissemination of this Memorandum is desired.

  
**ROWENA T. QUIAMBAO, CESE**  
Assistant Schools Division Superintendent  
Officer-in-Charge  
Office of the Schools Division Superintendent



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**SDO MISTER AND MISS FIT & FAB 2022**  
**GUIDELINES AND MECHANICS**

**Guidelines and Mechanics**

1. Each unit shall have two candidates for fit and fab buddies, either male or female, both of which are:
  - a. Employees of SDO Bulacan
  - b. able to embody a person with a physical and mental wellness
  - c. able to express themselves in morally upright manner
2. Candidates shall be competing in 3 rounds
  - a. Opening and Introductory round  
Wearing casual attire, candidates will come up stage and introduce themselves and the departments they represent, and discuss their own ways on how to be physically and mentally fit in a maximum of 2 minutes.
  - b. Talent Competition round  
Each pair of fit and fab buddies shall be given two minutes to showcase their talent.
  - c. Question and Answer Round  
Candidates shall wear and present the sports attire of their choice and pick a number corresponding to the judge who will give them a question. They will be given 1 minute to discuss their answers.
3. Criteria for judging shall be as follows:
  - a. Poise and bearing of casual wear – 20%
  - b. Poise and bearing of sportswear – 20%
  - c. Content and substance – 30%
  - d. Talent performance – 20%
  - e. Audience appeal – 10%
4. Certificates and prizes shall be awarded to the pair who tops each category
  - a. Best in Casual Wear
  - b. Best in Sports Wear





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c. Best in Talent

5. The major awards and prizes shall be given to the selected SDO  
Bulacan Fit and Fab Buddies 2022

