



September 23, 2019

DIVISION MEMORANDUM
No. 364, 2019

**PROMOTION OF PHYSICAL WELL-BEING THROUGH
DEPED CAVITE FITNESS GYM**

To: Assistant Schools Division Superintendent
OIC, Assistant Schools Division Superintendent
Chief, CID/SGOD
Public Schools District Supervisors
All Concerned

1. DepEd Cavite Province strongly promotes health and well-being of all its personnel. Relative to Division Memorandum No. 092 s. 2019 entitled Annual Physical Examination of DepEd Cavite Teaching and Non -Teaching Personnel, the results of annual physical examination conducted showed lifestyle – related diseases such as hypertension, diabetes mellitus, atheromatous aorta and kidney disease are among the leading ailments identified among the SDO personnel. The results also revealed that a number of personnel have elevated blood sugar, cholesterol, uric acid, triglycerides, BUN and creatinine levels based on their blood chemistry results.
2. A study entitled also revealed that the SDO personnel are prone to developing central adiposities or fat deposits in their abdominal region where vital organs are positioned. Thus, putting them at risk to have lifestyle-related diseases.
3. Engaging in regular physical activities is one of the major strategies in promoting healthy lifestyle. Integrating 30 minutes of physical activities and exercise into one's daily life is a sure way of keeping healthy and reducing the risks of developing non-communicable diseases.
4. In line with this, SDO personnel are encouraged to maintain daily physical activities through the utilization of DepEd Cavite Fitness Gym located at Division Office Compound. It is open for use for all SDO personnel during their break time, prior to or after working hours.
5. Access key is available thru AO Verna Cabaya in the Administrative Office.
6. Immediate and widest dissemination of this Memorandum is highly desired.

CHERRYLOU D. REPIA
Schools Division Superintendent