



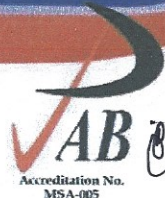
Republic of the Philippines

Department of Education

Region IV-A (CALABARZON)

Division of Cavite

Trece Martires City, Cavite



Certificate Number: AJA17-0083

November 21, 2019

**DIVISION MEMORANDUM**

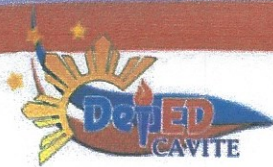
No. 471, s. 2019

**ACTIVITY INTERVENTION ON MINIMALIST FITNESS AND HEALTH AWARENESS PROGRAM (PHYSICAL AND MENTAL DIMENSION OF WELLNESS)**

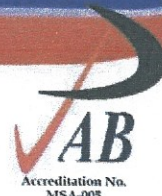
TO: Assistant Schools Division Superintendent  
OIC, Assistant Schools Division Superintendent  
Chief, Curriculum Implementation Division  
Chief, School Governance and Operations Division  
Education Program Supervisors  
Public Schools Division Supervisors  
All concerned

1. Based on the result of a research-based study entitled Analysis of DepEd Cavite – Division Personnel Health Data: Exploring Family History, Medical History, Dietary Intake and Lifestyle, only Female and Married personnel are at risk of developing lifestyle related diseases because of high central adiposity thus the Division came up with an intervention namely **Minimalist Fitness Health Awareness Program** or **MFHAP** which focuses on the Physical and Mental dimension of wellness.
2. In line to this, there will be a **Zumba and Yoga activity every 4:00pm-6:00pm** starting **DECEMBER 9, 2019 ONWARDS** for DepEd Cavite SDO personnel specially the **Female and Married personnel**.
3. This activity aims to:
  - a. Improve employee's health and well-being.
  - b. Encourage our personnel to be more active and physically fit.
  - c. Develop positive lifestyle change and motivational behavior
4. Professional fee of the instructors shall be charged against the Division's MOOE Fund, subject to the usual accounting and auditing rules and regulations.
5. For more information, kindly contact Mr. Julius Bryan A. Herrera at phone number (046) 412 0349 or through email address [juliusbryan.herrera@deped.gov.ph](mailto:juliusbryan.herrera@deped.gov.ph)
6. Widest dissemination of this Memorandum is highly desired.

**ROMMEL C. BAUTISTA, CESO V**  
Schools Division Superintendent



Republic of the Philippines  
**Department of Education**  
Region IV-A (CALABARZON)  
**Division of Cavite**  
Trece Martires City, Cavite



Certificate Number: AJA17-0083

PHYSICAL DIMENSION & MENTAL DIMENSION			
December 9-16, 2019			
Day	Time	Activity	Facilitator
Monday	4:00pm-6:00pm	Zumba	Ms. Janet Day
Tuesday	4:00pm-6:00pm	Yoga	Ms. Janet Day
Wednesday	4:00pm-6:00pm	Zumba	Ms. Janet Day
Thursday	4:00pm-6:00pm	Yoga	Ms. Janet Day
Friday	4:00pm-6:00pm	Zumba	Ms. Janet Day