



Republic of the Philippines
Department of Education
 REGION IV-A CALABARZON
SCHOOLS DIVISION OF LUCENA CITY

04 January 2024

DIVISION MEMORANDUM
 OSD-2024-006

REITERATION OF PROJECT WEALTH (Wellness through Exercises for Active,
 Long-life and Tremendous Health) of Schools Division Office
 Personnel

TO : OIC – Asst. Schools Division Superintendent
 Chief Education Supervisors – SGOD & CID
 Unit Heads
 Division Office Personnel

1. The Schools Division Office reiterates the implementation of Project WEALTH which focuses on the development and adaption of physical fitness and sports development program for the personnel of Schools Division Office in accordance with the Civil Service MC No. 8, s 2011, the implementation of the "Physical Fitness and Program-The Great Filipino Workout".
2. The project shall cover all Permanent and Job Order employees of the Division Office.
3. To measure and record the Body Mass Index (BMI), all employees are requested to visit the School Health and Nutrition Section of SGOD starting **January 5-10, 2024 only**.
4. Also, this is to remind all committee members to be present at the venue before the activity starts.
5. Wide dissemination and compliance of this memorandum is desired.



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I. PROPOSED ACTIVITIES:

Physical fitness, Wellness and Sports Activities


Activity	Schedule	Committee	Venue
1. Zumba Exercise	MONDAY-TUESDAY	Ma. Leonora T. Andojar Armandino T. Manimtim	LCTECC Ground Floor
	4:00-5:00pm		
2. Gym Exercises	Monday-Tuesday	Glenna M. Habito Dr. Don Rey C. Cariaga	LCTECC Ground Floor
	4:00-5:00pm		
3. Individual Sports	WEDNESDAY		
a. Badminton	4:00-5:00pm	Carlo Joseph V. Castillo Eunice D. King	Gabaldon Covered Court
b. Table Tennis	4:00-5:00pm	Maridel S. Bibit	LCTECC Ground Floor
c. Jogging/Brisk Walking	4:00-5:00pm	Jasper M. Martinez Julie Carmel U. La Rosa	Division Office ground
4. Seated Activities	THURSDAY	Floriza C. Indenible	LCTECC Ground Floor
	4:00-5:00pm	Yvan Jonas A. Tolentino	
5. Team Sports	FRIDAY		
a. Basketball	4:00-5:00pm	Moises Carmelo A. Fisico Harvey T. Natividad	DRRM Basketball Court, Pacific Mall
b. Volleyball			
	4:00-5:00pm	Ma. Chrisandrea Eloie E. Quiroz Patrick Miguel T. Palacio	Gabaldon Covered Court

- II. The following Division Personnel are also designated as **Coordinators** whose function is to call the attention of the employees to participate in the scheduled activities of the Project WEALTH.

UNIT/OFFICE	Coordinators
SDS/ASDS Office	Andrea P. Tongo
CID	Kate Nue D. Fundano
SGOD	Luis Carmelo F. Fisico
Personnel Unit	Maria Chrisandrea Eloie E. Quiroz
Administrative Office	Christian J. Gamier
ABC (Accounting, Budget and Cash)	Mary Eden A. Malacad
Supply and Records	Mary Grace D. Lianillo
Legal and ICT	Renz M. Bataanon

III. Expected Output

Through physical fitness and sports, the project is intended to improve the Body Mass Index of the employees and inspire others to keep a work-life balance while also maintaining a productive and positive work environment.


SUSAN D. L. ORIBIANA
Schools Division Superintendent

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