



JAN 13 2017

MEMORANDUM CIRCULAR

No. 2017 - 02

SUBJECT : PHYSICAL FITNESS PROGRAM "GREAT FILIPINO WORKOUT"

In the interest of service, the Biodiversity Management Bureau is hereby authorized to implement the "Physical Fitness Program" pursuant to the provisions of CSC Memorandum Circular No. 8, Series of 2011, otherwise known as "Reiteration of the Physical Fitness Program "Great Filipino Workout" in consonance with CSC Memorandum Circular No. 38 dated September 30, 1992, "Physical and Mental Fitness Program for Government Personnel" and CSC Memorandum Circular No. 6 dated April 20, 1995, requiring all agencies to adopt "The Great Filipino Workout" as an integral part of the National Physical Fitness and Sports Development Program for the government personnel.

In order to develop a healthy and alert workforce, the CSC reiterates the implementation of the program, specifically:

1. Allotment of a reasonable time for regular physical fitness exercise and inclusion of physical fitness exercises in seminars, training programs and similar occasions;
2. The afore-cited MCs authorize one (1) hour each week for the conduct of health awareness program and twenty (20) minutes daily for the conduct of wellness or fitness program. Where public services will be unduly disrupted or prejudiced, the personnel complement may be divided into such number of groups as may be necessary who shall undertake such activities in different times of the day and different days of the week; and
3. Adoption of plans for a continuing physical fitness and sports activities.

The abovementioned activities shall be integrated as part of the Bureau's health and wellness program.

The Human Resource Development Unit is hereby authorized to take the lead in the implementation of this Order.

This Order shall take effect immediately.

THERESA MUNDITA S. LIM  
Director