



MC NO. 38 S.1992

MEMORANDUM CIRCULAR

TO : ALL HEADS OF DEPARTMENTS, BUREAUS AND AGENCIES
OF THE NATIONAL AND LOCAL GOVERNMENTS, INCLUDING
GOVERNMENT-OWNED AND/OR CONTROLLED CORPORATIONS


SUBJECT: Physical and Mental Fitness Program for Government
Personnel.

This Commission, pursuant to its mandate as the central personnel agency of the government, hereby authorizes for one hour each week, preferably from 4:00 o'clock p.m. up to 5:00 o'clock p.m., the conduct of the health awareness program and for twenty (20) minutes daily, preferably before or after 10:00 o'clock a.m. or 3:00 o'clock p.m., the conduct of the 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 which shall undertake such activities in the different times of the day and different days of the week.

Cultural and athletic activities may still be conducted within the authority provided by the annual general appropriation acts and the limitations prescribed by presidential issuances and other pertinent rules and regulations.

To achieve long-term health thru exercise and related physical fitness activities, all departments, bureaus and agencies of the national and local governments including government-owned and controlled corporations are hereby enjoined to implement this physical and mental fitness program which is supportive of the Program: Mens Sana in Corpore Sano (a sound mind in a sound body) of the Philippine Sports Commission.

To assist in the undertaking, a list of possible fitness activities and their descriptions are attached together with relevant literature on the preservation of physical and mental health. The HRD/HRM or Personnel Offices are expected to take the lead in these activities.


PATRICIA A. STO. TOMAS
Chairman

September 30, 1992