



Republic of the Philippines  
**Department of Education**  
 Cordillera Administrative Region  
**SCHOOLS DIVISION OFFICE OF ABRA**

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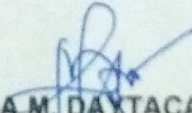
July 26, 2021

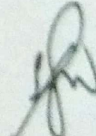


DIVISION MEMORANDUM  
 NO. 249 S. 2021

**CONDUCT OF PHYSICAL EXERCISE/ZUMBA DANCE AND OTHER FITNESS ACTIVITIES**

TO: All Schools Division Office Personnel

1. There are other avenues for us to release our emotional and physical tensions brought about by our daily stressful routinary works which will result to physical and mental balance in a more positive attitude in the workplace during this pandemic. Being busy doesn't have to get in the way of good health.
2. Parallel to this, physical fitness exercise/zumba dance along with other net games like badminton, volleyball and table tennis, speed-walking, jogging and a few of our traditional Filipino games like "Patintero", "Tumbang Preso" and "Piko" are among our recommended activities. You can participate in the activity you enjoy and shall be conducted every Tuesdays and Thursdays at 4-5 pm.
3. Refer to Division Memorandum No. 124 s.2021 for personnel in-charge of the activity. It is also their responsibility to take the attendance of every functional division to be submitted to the School Health Section every end of the month.
4. Adherence to minimum health protocol in the conduct of this activity shall be strictly observed.
5. Immediate dissemination and compliance to this memorandum is desired.

  
**BENILDA M. DAYTACA, EdD, CESO VI**  
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 Officer In-Charge  
 Office of the Schools Division Superintendent



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