



Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OFFICE-SCIENCE CITY OF MUNOZ

October 21, 2021

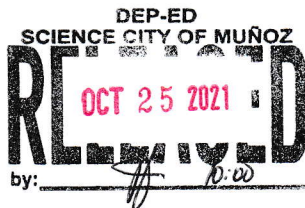
DIVISION MEMORANDUM


No. 466, s. 2021

ZUMBA SESSION AT HOME

To: Assistant Schools Division Superintendent
Division Chiefs
Education Program Supervisors
Unit Heads
Public Elementary and Secondary School Heads
Teaching and Non-Teaching Personnel
All Others Concerned

1. According to World Health Organization, the enjoyment of highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political beliefs, economic or social condition. In this time of COVID-19 Pandemic, health promoting activities enable us to increase, have control over and improve our overall well- being by engaging in physical activities, eating the right kind and amount of food, stay hydrated, avoidance of alcohol and tobacco use and proper stress management.
2. In connection with this, all DepEd Personnel are highly encouraged to do Zumba sessions during their work from home schedule. Some of the health benefits of Zumba are great for weight loss, tones your entire body, boost your heart health, helps you de-stress, improve coordination and makes you happy, every time we exercise our body releases endorphins, which trigger positive feelings throughout the body.
3. Immediate dissemination and compliance of this memorandum is desired.




DANTE G. PARUNGAO, CESO VI
Officer-in-Charge
Office of the Schools Division Superintendent



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