



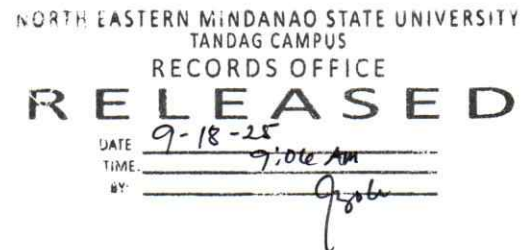
Republic of the Philippines
North Eastern Mindanao State University

MEMORANDUM FROM THE OFFICE OF THE PRESIDENT
No. 0337, s. 2025

TO: All Campus Directors
Heads of Offices/Units
Faculty and Staff
All others concerned

DATE: September 17, 2025

SUBJECT: REITERATION OF THE IMPLEMENTATION OF THE PHYSICAL
FITNESS PROGRAM "GREAT FILIPINO WORKOUT"



Greetings of peace and solidarity.

To ensure a healthy and productive workforce, mental and physical fitness programs are needed to promote employee well-being.

From a model Mental Health Program (MHP) created by the Civil Service Commission (CSC), strategies to promote employee well-being include the conduct of activities such as physical fitness, teambuilding, regular stress management, organized peer counseling, support groups, and interest groups. There is also a need to organize continuing mental health awareness and education activities for the agency's workforce.

Pursuant to CSC Memorandum Circular No. 06, s. 1995, all government agencies are mandated to adopt the Great Filipino Workout as an integral part of the Physical Fitness and Sports Development Program. This mandate was reiterated through CSC Memorandum Circular No. 8, s. 2011, further emphasizing its compulsory implementation across all government offices, including State Universities and Colleges (SUCs).

Aligned with CSC Memorandum Circular No. 4, s. 2020 on the Mental Health Program, which is anchored on Republic Act No. 11036 (Mental Health Act of 2018), the Great Filipino Workout likewise promotes mental wellness, inclusivity, and a supportive work environment for public officials and employees.

To foster a healthy and alert workforce across all campuses of NEMSU, the following shall be observed:

1. Allotment of Time for Physical Fitness. Regular physical fitness exercises shall be allotted reasonable time and included in seminars, training programs, and similar occasions.

2. Health Awareness and Wellness Schedule. One (1) hour each week shall be devoted to health awareness activities, every Wednesday from 4:00 PM to 5:00 PM. Additionally, twenty (20) minutes daily shall be allotted for wellness or fitness activities from 4:40 PM to 5:00 PM. Where public service delivery will be unduly disrupted, personnel may be grouped to ensure uninterrupted operations while still undertaking the activities at staggered schedules.



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3. Continuing Fitness and Sports Activities. Each campus shall adopt and integrate sustainable plans for continuing physical fitness and sports activities as part of its health and wellness program.

Campus Directors are hereby instructed to ensure strict compliance with this directive and to integrate the above-stated activities into their respective wellness programs.

For guidance and strict implementation. Padayon sa pag-ALPAS NEMSU!

For the grassroots and in the spirit of vibrant leadership,


NEMESIO G. LOAYON
SUC President III

Cc: Vice Presidents