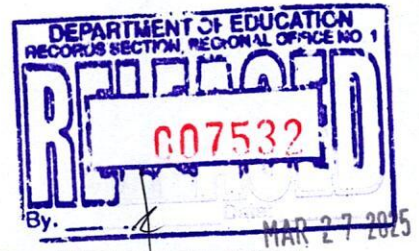




Republic of the Philippines
Department of Education
REGION I



OFFICE MEMORANDUM

No. 108 s. 2025

LOSE IT, TO WIN IT!

To: Chiefs of Division
Unit and Section Heads
All Concerned

1. This Office through the School Health and Nutrition Unit shall conduct a health program entitled "Lose it, to Win it" for all the interested Regional Office personnel from January to December, 2025.
2. The objectives of this program is to promote a healthy lifestyle and a healthy body. Completers shall be evaluated in accordance with the attached rules and guidelines.
3. Announcement and awarding of completers shall be done after the Final weigh-in on December 9, 2025.
4. For information and compliance.


TOLENTINO G. AQUINO
Director IV

Incl.: As Stated.

ESSD/SQC/mar/OM 2025
March 18, 2025



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Doc. Ref. Code	OM-ORD	Rev	00
Effectivity	11.18.2024	Page	1 of 3



I. GUIDELINES

This document details the rules, regulations and prohibitions of the contest taking place from March to December 9, 2025. The purpose of this program is to ***“promote an active and healthy lifestyle in all the participants.”***

QUALIFICATIONS/ELIGIBILITY:

Potential participant must initially have a BMI of 25 and above considered to be overweight, obese and extremely obese to qualify in the competition.

WEIGH-INS:

1. There shall only be one (1) official weighing scale to be used during the competition. Access to this weighing scale shall be done only during the Initial, Monthly and Final Weigh-ins.
2. The first weigh-in shall be done on March 24, 2025 to establish the participant's Initial Weight and will be recorded as such in the weight-loss log.
3. The Final Weigh-In shall be done on December 9, 2025 at exactly 9:00 A.M. at the medical clinic to be conducted by the health personnel.
4. For the Initial and Final Weigh-In, participants should wear normal workout clothes such as T-shirt, shorts, or workout pants. Shoes will be removed and there shall be no items found in the pockets. Jeans and sweatshirts are strictly not allowed.
5. Percentage weight loss will be calculated using the formula below:

$$\text{Percentage Weight Loss} = \frac{[(\text{Initial Weight} - \text{Final Weight})]}{\text{Initial Weight}} \times 100\%$$

6. Announcement of completers and awarding of certificates shall be done after the Final Weigh-In on December 9, 2025.

PROHIBITIONS & REMINDERS:

1. Participants shall refrain from using diet pills, supplements, laxatives, and other weight-loss aids.
2. Participants are advised to lose weight safely following the healthy eating and proper exercising habits.
3. Participants are strongly discouraged from skipping meals or engaging in excessive exercise which are unsafe.

PHYSICAL FITNESS, DIET, WELLNESS AND SPORTS ACTIVITIES

1. The following may be conducted for an allotted reasonable time of 15-30 minutes daily for regular physical fitness exercises. A logbook must be accomplished upon the use of gym equipment.
 - 1.1. Jogging/ walking/ Running. Popular forms of physical activities that help to maintain a healthy weight as these are weight bearing exercise, improve cardiovascular fitness, strengthen the muscle and help build strong bones.
 - 1.2. Cardiovascular exercises- like Zumba sessions
2. The participants shall be given Personalized Meal Plan and Diet Counselling.

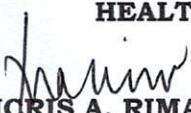
GUIDELINES AND RECOMMENDATION ON THE USE OF GYM EQUIPMENTS

1. Write employee's name and other information on the logbook provided by the medical and Dental Unit.
2. Make sure employees observe social distancing.
3. Place handwashing stations or hand sanitizer with atleast 70% alcohol.
4. Clean other surfaces when they are visibly dirty or as needed and disinfect if necessary.
5. Limit the number of people in the facility at a time.

Good luck to all participants. Have a safe and healthy way of losing weight.

Approved by:

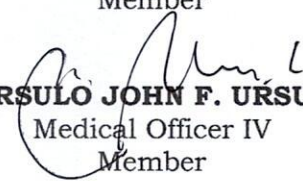
HEALTH AND WELLNESS COMMITTEE


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Project Development Officer II
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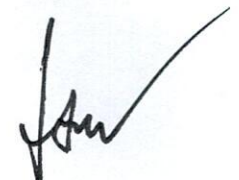

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