



Republic of the Philippines
Department of Education
 REGION I
 SCHOOLS DIVISION OF VIGAN CITY

DIVISION MEMORANDUM

No. 197, s. 2026

**SDO VIGAN CITY 2026 GAD-INTEGRATED HEALTH AND WELLNESS
 ADVOCACY**

To: Assistant Schools Division Superintendent
 Chief Education Supervisors
 Section/Unit Heads
 All Others Concerned

1. In reference to DepEd Order No. 14, s. 2020 - "Guidelines on the Required Health Standards in Basic Education Office and Schools", the Schools Division of Vigan City shall implement the **2026 GAD-Integrated Health and Wellness Advocacy** for Division Office Personnel, effective immediately.
2. The objectives of the activity are the following:
 - a. To promote active and healthy lifestyle.
 - b. To reduce the prevalence of overweight and obesity among employees.
 - c. To lower the risk of cardiovascular diseases and other lifestyle-related health conditions associated with sedentary behavior.
 - d. To promote gender-responsive interventions that help ensure equal access to health, wellness information, and lifestyle resources for employees of all genders.
3. This initiative emphasizes the Division's commitment to align with the Gender and Development (GAD) programs.
4. All Division Office Personnel are enjoined to participate in a 15-minute mindful movement session or rhythmic fitness exercise **daily at 10:00 AM and 3:15 PM**. This shall be done simultaneously in their respective offices, using these videos: <https://tinyurl.com/ExerciseVC1> and <https://tinyurl.com/ExerciseVC2>. These shall be played and aired via the office intercom through the ICT Unit.
5. The employees are reminded to consider their present health condition and may opt not to participate if they are not feeling well.
6. For immediate information and compliance of all concerned.



VILMA D. EDA, CESO V
 Schools Division Superintendent

