

“THE GREAT FILIPINO WORKOUT”

Read online (full-text search, related cases, audio case brief): <https://batas.org/library/afddb11826c9/>

In Resolution No. 95-2907 dated April 20, 1995 promulgated by this Commission pursuant to Proclamation No. 528 it is required that all agencies shall adopt "The Great Filipino Workout" as an integral part of their Physical Fitness and Sports Development Program.

"The Great Filipino Workout" is the physical fitness project in furtherance of the national policy of "Sports-For-All" under the National Fitness and Sports Development Program of the Government. It is designed to inculcate in us the importance of a healthy lifestyle and a regimen of regular physical fitness activities as a strategy to reduce the level of risk factor of heart diseases.

In order to attain the objectives of the National Physical Fitness and Sports Development Program and the development of a healthy and alert workforce in government, all Heads of Departments, Bureaus and Agencies of the National and Local Governments including Government-Owned and/or Controlled Corporations are hereby required to adopt and implement "The Great Filipino Workout" as an integral part of their Physical Fitness and Sports Development Program and particularly:

- To allot reasonable time for weekly physical fitness exercise for its officers and employees, consistent with Memorandum Circular No. 38, series of 1992 of this Commission;
- To include a reasonable period of time for physical fitness exercises by all participants in seminars, training courses and similar occasions;
- To adopt appropriate plans for a continuing physical fitness and sports activities for its officials and employees; and
- To submit to the Civil Service Commission through the Human Resource Development Office a monthly report on the implementation of the Project: "The Great Filipino Workout."

This Memorandum Circular shall take effect immediately.

Adopted: 20 April 1995

(SGD.) CORAZON ALMA G. DE LEON
Chairman

Resolution No. 95-2907

Re: "The Great Filipino Workout"

WHEREAS, under the National Fitness and Sports Development Program of the Government a national policy "Sports-For-All" is the strategy for the development of a healthy and alert citizenry;

WHEREAS, in order to reduce the level of risk factor heart diseases "The Great Filipino Workout" has been opted as the physical fitness project for all Filipinos calculated to inculcate in them the importance of constant emphasis on a healthy lifestyle including a regimen of regular physical fitness activities and exercises;

WHEREAS, under Proclamation No. 528 the Civil service Commission shall adopt, implement and monitor 3

project as an integral part of its physical fitness and sports development program for all government officials and employees;

WHEREFORE, pursuant to Proclamation No. 528 and to attain the objectives of the National Physical Fitness and Sports Development Program the Commission Resolves to adopt "The Great Filipino Workout" as an integral part of its physical fitness and sports development program, and hereby require all agencies to adopt and implement the same by including the project as an integral part of their Physical Fitness and Sports Development Program, and particularly:

- To allot a reasonable time for weekly physical fitness exercise for its officers and employees, consistent with Memorandum Circular No. 38, series of 1992 of this Commission;
- To include a reasonable period of time for physical fitness exercises by all participants in seminars, training courses and similar occasions;
- To adopt appropriate plans for a continuing physical fitness and sports activities for its officials and employees; and
- To submit to the Civil Service Commission through the Human Resource Development Office a monthly report on the implementation of the Project: "The Great Filipino Workout."

Adopted: 20 April 1995.

(SGD.) CORAZON ALMA G. DE LEON

Chairman

(SGD.) RAMON P. ERENETA, JR.

(SGD.) THELMA P. GAMINDE

Commissioner

Commissioner

Attested by:

(SGD.) CARMENCITA GISELLE B. DAYSON

Board Secretary VI

ABOUT BATAS.ORG

Study smarter at BATAS.org

The Philippine bar review and law-school companion built around how your brain actually remembers.

The complete Philippine law library - free for everyone.

More than 100,000 Supreme Court decisions, Republic Acts, and executive issuances - full-text searchable, browsable by category and year, and always free. No paywall, no login. This PDF came from it.

Audio case-brief lectures.

Any decision becomes a podcast-style lecture - facts, issues, ruling, and doctrine - with read-along highlighting and a hands-free presentation mode. Study while commuting, working out, or resting your eyes.

Bar review built on the science of memory.

Complete, sequenced courses for all eight bar subjects, narrated like podcasts and reinforced with retrieval practice and spaced review - the study techniques with the strongest evidence behind them.

The full law-school curriculum.

One subscription unlocks the entire J.D. curriculum - every subject, every lesson, with your progress tracked down to the paragraph so you can pick up exactly where you left off, on any device.

Mock exams that tell you where you stand.

Timed multiple-choice exams graded instantly, with per-subject score breakdowns and focus suggestions that point you at your weakest topics first.

A study planner that keeps you on pace.

Set your schedule and BATAS tells you every day whether you are on track for bar day - and exactly which lesson to take next.

Start free at <https://batas.org>

The law library is free forever - and your first lesson is one click away.

The text of this document is an official public record and remains in the public domain. Formatting, presentation, and compilation © 2026 batas.org.

Downloaded free from the batas.org Law Library. Share it freely - the library is free for every law student, bar reviewee, and practitioner.