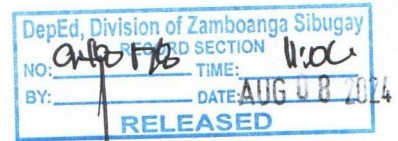




Republic of the Philippines  
**Department of Education**  
REGION IX - ZAMBOANGA PENINSULA  
**SCHOOLS DIVISION OF ZAMBOANGA SIBUGAY**



06 August 2024

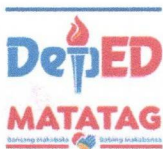
**OFFICE MEMORANDUM**

No. 000, s. 2024

**LAUNCHING OF ZAMBOANGA SIBUGAY DIVISION'S  
"THE BIGGEST LOSER 2024"**

To: Assistant Schools Division Superintendent  
SGOD and CID Chief Education Supervisors  
Education Program Supervisors  
Public Schools District Supervisors/District-in-Charge  
Public Elementary and Secondary School Heads  
All Others Concerned  
*This Division*

1. In celebration of the 124th Philippine Civil Service Anniversary, and to promote health and wellness among employees, encourage a supportive work environment, and foster a sense of community through a fun and engaging challenge, this division is pleased to announce the launching of Zamboanga Sibugay Division's "The Biggest Loser 2024" challenge.
2. This activity is set to commence on 12 August 2024 wherein a registration fee of Php 250.00 will be required which will go towards prizes and event costs.
3. This is aimed at the following objectives:
  - To encourage employees to adopt healthier lifestyles by participating in a structured weight loss program that includes guidance on nutrition, exercise, and mental well-being.
  - To foster a supportive and motivating environment where employees can work together, share their progress, and inspire each other to achieve their personal health goals.
  - To highlight the benefits of physical fitness and well-being, emphasizing the positive impact of regular exercise and healthy habits on overall performance and productivity.
4. All division office personnel are encouraged to participate and take advantage of this opportunity to improve their health, connect with colleagues, and celebrate the spirit of the Philippine Civil Service.



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📘 facebook.com/sdozsibugay (DepEd Tayo Zamboanga Sibugay Division)

5. Enclosed in this memorandum is a copy of the contest mechanics for guidance.
6. For further details and registration, please do visit the HRD office.
7. For immediate dissemination.

**VIRGILIO P. BATAN JR., CESO V**  
Schools Division Superintendent

For the Schools Division Superintendent

  
**ROSE MARIE B. DIOCARES, EdD**  
Education Program Supervisor  
In-Charge of Office

Encl.: Enclosure. Mechanics for "The Biggest Loser" Contest  
Reference: None  
To be included in the perpetual index under the subject: PERFORMANCE  
VINTA R&R

ZS-OM-SGOD-HRD-2024-08-029-0  
AMG-20240807



*Enclosure. Mechanics for "The Biggest Loser" Challenge*

1. **Eligibility:**
  - Open to all employees of the organization.
  - There will be two (2) different categories for male and female contestants.
2. **Registration:**
  - Participants must sign up on or before **12 August 2024** at the Health and Nutrition Unit thru **SANIATA D. BARAL, Nurse II**.
  - A registration fee of Php 250.00 will be required, which will go towards prizes and event costs.
3. **Duration:**
  - The contest will run for 7 weeks, starting from the official weigh-in date **(12 August 2024)**.
4. **Weigh-Ins:**
  - Mandatory weigh-ins will be conducted weekly (every Friday) at the office of the Health & Nutrition Section.
  - Weigh-ins will be confidential and conducted by an appointed official.
5. **Scoring:**
  - Participants will be scored based on the percentage of weight lost, not the total pounds lost.
  - The formula for calculating weight loss percentage:  
(Starting Weight - Current Weight) / Starting Weight x 100.
6. **Rules:**
  - Participants must adhere to a healthy diet and exercise regimen.
  - Use of diet pills, laxatives, or any unhealthy weight loss methods is strictly prohibited.
7. **Prizes:**
  - Prizes will be awarded to the participant with the highest percentage of weight loss. One (1) winner for male category and one (1) for female category.
  - Additional awards may be given for milestones such as most improved fitness levels, best team spirit, etc.
8. **Disqualification:**
  - Any participant found cheating or using unhealthy weight loss methods will be disqualified.
  - Failure to attend two (2) required weigh-ins can result in disqualification.
9. **Final Weigh-In and Award Ceremony:**
  - The final weigh-in will take place at the end of the contest period which will be on **30 September 2024** during the culmination program for the 124<sup>th</sup> PCSA.
  - An award ceremony will be held to announce and celebrate the winners.