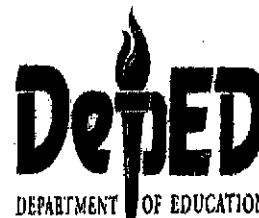




REPUBLIKA NG PILIPINAS  
REPUBLIC OF THE PHILIPPINES  
**KAGAWARAN NG EDUKASYON**  
**DEPARTMENT OF EDUCATION**  
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DepED MEMORANDUM  
No. **407** s. 2004

SEP 29 2004

PRODUCTION OF AN EXERCISE VIDEO

To: Undersecretaries  
Assistant Secretaries  
Bureau Directors  
Regional Directors  
Schools Division/City Superintendents  
Heads, Public and Private Schools

1. The Philippine Sports Commission (PSC), in celebration of the 104<sup>th</sup> Anniversary of the Philippine Civil Service, is producing a 30-minute exercise video in VCD format entitled "**Bidyo Eherisyo, Bisyo Ko To**" to be launched on September 27, 2004.
2. The video promotes a sound mind and a sound body through an exercise routine which all government employees may regularly undertake as part of their physical fitness activities (e.g. after the Monday flag raising activity). It can also be a "shareware" which government employees' families and friends may use.
3. Said VCD is not for sale but may be recopied from the Civil Service Commission (CSC) regional office or field office by all agencies using their respective resources. All agencies are encouraged to use the video on the same day in keeping with the said launch for a simultaneous Monday Morning Fitness Activity nationwide. The said activity may be sustained even after the Philippine Civil Service Anniversary celebration.
4. For more information, please contact the CSC, Constitution Hills, Batasang Pambansa Complex, Diliman, Quezon City, tel. nos. 931-79-35; 931-79-39 and 931-80-92, e-mail address: [cscphil@csc.gov.ph](mailto:cscphil@csc.gov.ph) or [www.csc.com.ph](http://www.csc.com.ph) or at any CSC regional or field office.
5. Immediate dissemination of this Memorandum is desired.

  
FLORENCIO B. ABAD  
Secretary

Reference: DepED Memorandum: No. 370, s. 2004  
Allotment: 1—(D.O. 50-97)  
To be indicated in the Perpetual Index  
under the following subjects:

ATHLETICS  
BUREAUS & OFFICES  
CELEBRATIONS & FESTIVALS