



18 November 2021

MEMORANDUM CIRCULAR NO. 119

Series of 2021


T O: All Center Directors and Department/Unit Heads

R E: Center/Department/Unit-based Fitness Coordinators

In view of the approved "Workplace Physical Fitness Program" in promoting wellness of all VSU employees, you are hereby requested to identify and submit your respective Center/Department/Unit-based Fitness Coordinator to facilitate and coordinate the program. The coordinators will take charge in disseminating or cascading the fitness program of the university. The overall goal of the Workplace Physical Fitness Program is to encourage and motivate VSU employees to participate in physical activity regularly to limit the impact of the pandemic on their general well-being.

Kindly submit the name of your designated fitness coordinator to the Institute of Human Kinetics c/o Ms. Anna Beth A. Varron, Coordinator, University Wellness Program on or before November 26, 2021.

Please be guided accordingly.


EDGARDO E. TULINA
President 11/18