




## PHILIPPINE GENERAL HOSPITAL

The National University Hospital  
University of the Philippines Manila  
Taft Avenue, Manila

PHIC - Accredited Health Care Provider  
ISO 9001:2015 Certified

4 April 2019

### MEMORANDUM NO. 2019 - 077

TO : All Concerned  
THRU : Respective Supervisors  
FROM :  GERARDO D. LEGASPI, M.D.  
Director

SUBJECT: **Active Break - The Be Well at Work Wellness Program**

The *Human Resource Development Division*, in cooperation with the Physical Therapy Section of the Department of Rehabilitation Medicine, will be conducting an *Active Break - The Be Well at Work Wellness Program*. This continuing program is a set of 10-minute micro exercise designed for the Philippine General Hospital employees. Said 10-minute micro exercise will be aired through our paging system and at the same time downloadable from the PGH website: [www.pgh.gov.ph](http://www.pgh.gov.ph).

The active break will be done *every 10:00 A.M. and 3:00 P.M.* in your respective areas.

The objectives of the *Active Break - The Be Well at Work Wellness Program*:

- *To promote the importance of developing and maintaining a healthy lifestyle through continuous physical fitness exercise. Thus, boost productivity;*
- *To inculcate knowledge of health care awareness among PGH employees towards the attainment of a healthy workforce; and*
- *Empower the service delivery partners to prevent work related injuries and promote health awareness in their respective areas, the PGH community as well as in their own lives.*

PGH visitors, clients and patients' watchers are also encouraged to join in this 10-minute micro exercise.

The series of quick and simple exercises one must take to get moving during the workdays are as follows: