

## FRIDAY FUN GAMES

By: Malyn Ganotise

In celebration of the 111<sup>th</sup> Philippine Civil Service Anniversary, this Local Government Unit through the Human Resource and Management Office conducted employees fun games every Friday of September.

This worksite fitness program aims to improve employee health well-being, job satisfaction, to increase productivity, to reduce health care and to minimize absenteeism.

The activity started at 1:00 o'clock in the afternoon with a dancercise led by selected employees, with the assistance of the Municipal Health Office. The employees' weight gain or loss were also closely monitored.

The LGU through the able leadership of Mayor Lolita A. Moral strongly supported the said employees fitness and health program. *"Physical fitness not only improves our quality of life but also helps increase our cardiovascular fitness, body endurance and increases strength of our hearts. Too much work gives us stress, so work towards achieving health disease-free body"*, quoted by Mayor Moral.

## 1<sup>ST</sup> LARO NG AKTIBONG MANGGAGAWA : LGU EMPLOYEES SPORTSFEST

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This local government unit believed that one of the strategies for development is harnessing human potential through sports. The regular conduct of employees' sports activities in every government office is mandated by the Civil Service Commission.

The LGU Employees Sportsfest was conducted to:

1. Foster patriotism considering that some of the games were larong pinoy, 2. Encouraged their involvement in public and civil affairs and 3. To build camaraderie and harmonious relationship among co-workers.

The activity was participated in by the Municipal Officials, permanent and coterminous employees, contract of service workers and national offices assigned in the LGU such as: DILG, COMELEC, BIR, and DOH paid personnel.

The launching program was done on June 3, 2011 at the Municipal Gym and was started with a flag raising of every team. The activity was conducted every Friday of June 2011. The culmination program and awarding ceremony happened during the Monday convocation program on June 27, 2011. Result of the games were the following:

Champion	- Blue Team	170 points	P4,150	Rafael Alcones – Team Leaders Leonardo L. Taladhay, Jr.
1 <sup>st</sup> Place	- Green Team	160 points	P4,000	Yasmin Campion –Team Leaders Engr. Bernardo Rabanoz Jr.
2 <sup>nd</sup> Place	- Red Team	130 points	P2,950	Norbelito Juriana –Team Leaders Hon. Daniel Hilario
3 <sup>rd</sup> Place	- Yellow Team	90 points	P2,500	Nelson Baer – Team Leaders

The cash prize was based on scoring system per game played as follows:

1 <sup>st</sup>	20 points	P700.00
2 <sup>nd</sup>	15 points	P500.00
3 <sup>rd</sup>	10 points	P300.00
4 <sup>th</sup>	5 points	P200.00

The LGU allotted Php 70,000.00 for the LGU Employees Sportsfest 2011, dubbed “Laro ng Aktibong Manggagawa (LAM)”. The games played were:

June 3, 2011 - Modified Basketball Male and Modified Basketball Female

June 10, 2011 - Bakya Race, Sack Race and Kadang-kadang

June 17, 2011 - Takyang Pass Me On and Patintero

June 24, 2011 - Bowling One day Tournament



Mayor Moral said that the most important assets in every organization is the employees. We want our employees to enjoy their work environment and to bring the best of them to their jobs every day. In this kind of program that we will able to encourage our employees to embrace fitness as part of its lifestyle.

Hon. Moral together with the Sangguniang bayan headed by Vice Mayor Pacres and Municipal Administrator for Internal Affairs Atty. Campion apparently showed full

support to the LAM Program



Mayor Moral in her ceremonial throw during the opening of bowling tournament



