



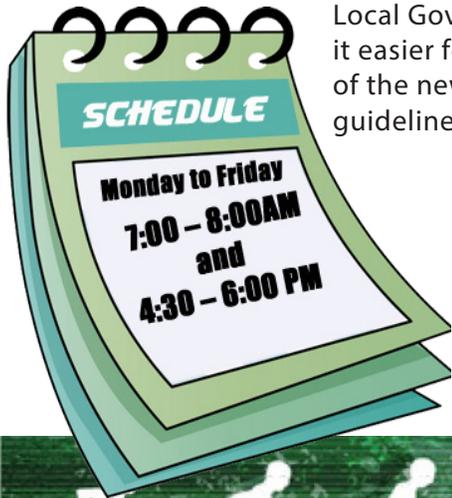
DILGinsider



DILG Gym now operational

Goodbye bulges, hello abs!

Many of our employees spend around 75% of their time working behind their desks. This sedentary behavior could pose numerous health risks especially to the not-so-young among us. But wait, the Department of the Interior and Local Government (DILG) and the DILG Employees Union have found a way to make it easier for employees to find time to exercise and sweat it out with the opening of the new DILG Fitness Center/Gym at the 11th floor of this building. Here are the guidelines on the use of the gym:

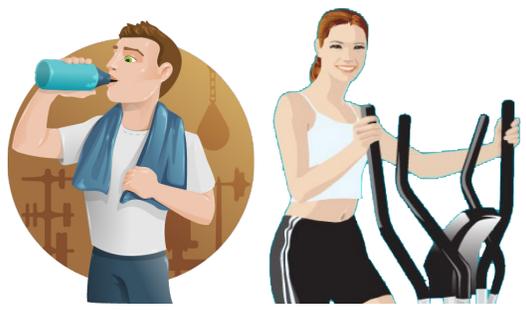


Open to all DILG and Napolcom personnel (permanent, temporary, contractual, job order, contract of service, DILG/PNP personnel who are reassigned/ detailed to this office/building)



The use of the gym shall be on a "first come, first serve" basis.

All gym users shall sign a waiver and secure a medical certificate that they are physically fit to use the gym.



Proper gym attire/gear shall be worn (dri-fit shorts, workout pants/shorts, rubber shoes, etc.) at all times. No wearing of revealing/flashy outfits (micro-mini shorts, sports bra, overly tight-fitting clothes), sandals and flip-flops.

- ✓ Eating and bringing of food, except water and sports drinks, are not allowed inside the gym.
- ✓ No item shall be taken out of the gym.
- ✓ Proper care and handling of equipment/facilities and cleanliness of the gym shall be observed.
- ✓ Management shall not be responsible for the loss of personal valuables.



- ✓ Report any equipment malfunction or damages to DILGEU and/or DILG-Personnel Division.
- ✓ The use of cardiovascular equipment shall be limited to 30 minutes only per person per day.



So start working out, and be more confident in wearing those trunks and swimsuits this summer. Here's to a healthy and strong DILG-Napolcom workforce!