



Republic of the Philippines  
NATIONAL POLICE COMMISSION  
**NATIONAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE**  
**OFFICE OF THE CHIEF, PNP**  
Camp BGen Rafael T Crame, Quezon City

April 20, 2020

**MEMORANDUM CIRCULAR**  
**NO.: 2020-029**

**REVISED PNP COMPREHENSIVE HEALTH AND PHYSICAL  
FITNESS PROGRAM**

**1. REFERENCES:**

- a. Republic Act (RA) No. 6975, as amended, "An Act Establishing the Philippine National Police under a Reorganized Department of the Interior and Local Government, and for Other Purposes";
- b. PNP Memorandum Circular (MC) No. 2019-027 (Enhanced Revitalized PNP Internal Cleansing Strategy) dated May 27, 2019;
- c. PNP MC No. 2016-062, Re: Comprehensive Internal Disciplinary Mechanism, dated October 3, 2016;
- d. PNP MC No. 2016-020, (PNP Comprehensive Health and Physical Fitness Program) dated April 26, 2016; and
- e. OIC, PNP Memorandum with subject: Revitalized PNP Physical Conditioning and Combat Sports Program dated October 23, 2019.

DHRDD  
CERTIFIED TRUE COPY  
FROM THE ORIGINAL

  
JEAN MARY MANGAHIS  
Police Lieutenant Colonel  
Chief Admin Section, DHRDD

**2. RATIONALE:**

The Philippine National Police (PNP), as an institution and one of the leading law enforcement and public safety agencies of the government, trusts that physically and mentally fit personnel can deliver effective and efficient police/public service. Related laws require that PNP personnel especially police officers must maintain a good physical and mental well-being.

In fact, Section 30, RA No. 6975, as amended by Section 14, RA No. 8551<sup>1</sup> provides the general qualifications for appointment in the PNP, which states that an applicant "Must weigh not more or less than five kilograms (5 kgs.) from the standard weight corresponding to his or her height, age, and sex." It further states that the qualifications shall be continuing in character and an absence of any one of them at any given time shall be a ground for separation or retirement from the service.

<sup>1</sup> "An Act Establishing The Philippine National Police Under A Re-Organized Department Of The Interior And Local Government, And For Other Purposes."

### 3. SITUATION:

The PNP in its responsibility to provide a competent, professional, effective, and efficient public service has developed and implemented various physical and fitness programs for every PNP personnel to be fit and healthy. Yet, based on the latest Annual Physical Examination (APE) report, 8 out of 10 PNP uniformed personnel who are 40 years old and above are overweight and obese, while 6 out of 10 PNP uniformed personnel, 40 years old and above have chronic conditions or at risk to have Hypercholesterolemia/Dyslipidemia, Hypertension, Hyperuricemia, and Type 2 Diabetes Mellitus.

It is also alarming to note that on the December 2019 Body Mass Index (BMI) report, only 54.57% of PNP uniformed personnel have normal or ideal BMI, while 34.61% are overweight, 8.15% are Obese 1, 1.30% are Obese 2, 0.32% are Obese 3, while 0.16% are underweight.

Such health conditions of PNP personnel are attributed to want of health awareness, poor compliance to medications, unhealthy diet, and lack of exercise regimen. Notably, there is an increasing concern on physical inactivity of numerous personnel. Thus, the worsening health conditions of PNP personnel has been stereotyped by the media and the public as obese individuals in bulging uniforms. Aside from the negative impact of such portrayal on the image of the organization, it puts PNP personnel at risk of developing lifestyle diseases with fatal consequences and reduces his/her work efficiency.

The PNP, in order to ensure that all its personnel are physically and mentally fit to satisfy the continuing requirement of RA No. 6975 as amended, should revitalize its existing Health and Physical Fitness Program, establish a good monitoring system on the health profile of its personnel, conduct training of PNP fitness instructors, and if necessary, employ fitness consultants relative to weight loss program and practices to reduce lifestyle-related diseases and its complications. Moreover, the program will enkindle consciousness on a person's well-being and contributes not only for personal benefits but also in the performance of their sworn duties and responsibilities as law enforcers, for it is only in a sound body where sound mind propagates.

### 4. PURPOSE:

The PNP, concurrent with its present mission and functions, will revitalize its proactive role in its health management and physical fitness program to include but not limited to lifestyle modification, proper diet, and exercise through the adoption of appropriate fitness packages and ensure that all PNP personnel are physically and mentally fit to readily carry out the rigorous duties and obligations that police officers are called upon to perform.

It also sets forth the guidelines and procedures in the conduct of health and physical fitness program of the PNP in adherence to the continuing weight requirement for the general qualifications for appointment in the PNP and in conformity with the PNPs Enhanced Revitalized Internal Cleansing Strategy particularly on its preventive approach which aims to enhance the physical and mental well-being of all PNP personnel.

DHRDO  
CERTIFIED TRUE COPY  
FROM THE ORIGINAL

  
JEAN MARY M. MANGAHIS  
Police Lieutenant Colonel  
Chief Admin Section, DHRDO

It will further enhance its reactive program on PNP personnel with alarming physical health condition. It will be composed of four stages, the physical and health conditioning concept, the Physical Fitness Test (PFT), the Annual Physical Examination (APE), and the Body Mass Index (BMI).

## 5. DEFINITION OF TERMS:

The following words are defined for the implementation of this MC:

- a. Alternative PFT - a substitute test standard for those who cannot perform any of the specific PFT events.
- b. Annual Physical Examination (APE) - a periodic medical examination intended to address and prevent a more serious health condition before it begin to cause problems. It includes evaluation of the patient's general appearance and evaluation of each internal organ depending on patient's age and sex.
- c. Assessor Team - a group of delegated Senior PCOs from D-Staff and/or NSUs who shall determine or identify any sort of malicious act or dishonesty during the PFT proper.
- d. Body Mass Index (BMI) - is a key index of a person's weight adjusted for height measured by weight in kilograms over height in meters squared.
- e. Combat Sports - or fighting sports, are competitive contact sports that usually involve one-on-one combat. Common combat sports include mixed martial arts, boxing, judo, fencing, savate, kickboxing, muay thai, sanda, tae kwon do, capoeira, brazilian jiu-jitsu, historical medieval battles, sambo, sumo, kyokushin, and kudo.<sup>2</sup>
- f. Comprehensive - completeness of all factors which include all or nearly all elements or aspects of things.
- g. Comprehensive PFT - refers to the PFT that includes the BMI measurement as an equally important element. It comprises 70% of PFT result and 30% of the BMI measurement.
- h. Co-Morbid Condition - is the presence of one or more medical conditions occurring with a primary medical condition.
- i. Deferment - a situation whereby a PNP personnel cannot perform the PFT on his/her schedule for valid reasons such as but not limited to travels, meetings, special instructions, and authorized absence.
- j. Established Standards - refer to the number of repetitions, and/or duration to perform a particular exercise in a given time frame.

DHRDD  
CERTIFIED TRUE COPY  
FROM THE ORIGINAL

  
JEAN MARY AMANGAHIS  
Police Lieutenant Colonel  
Chief Admin Section, DHRDDj

<sup>2</sup> [https://en.wikipedia.org/wiki/Combat\\_sport](https://en.wikipedia.org/wiki/Combat_sport)

- k. **Extended Fitness Package** - refers to the continuing program intended for PNP personnel who initially underwent the fitness package but failed to reach his/her normal PNP BMI Classification.
- l. **Fitness Package** - refers to the tailored program intended for each PNP BMI Classification which consists of physical profiling, medical risk assessment and treatment, monitoring with health and nutrition education, diet counseling, and weight management.
- m. **Go** - an evaluation granted to PNP personnel fit to undergo the PFT as certified by the attending PFT medical officer.
- n. **Good Health** - refers to the state of being vigorous and free from bodily or mental disease.
- o. **Group A** - refers to PNP personnel with 18.4 and below BMI range, classified as underweight under the PNP BMI classification, and are required to undergo Fitness Package A for weight gain.
- p. **Group B** - refers to those PNP personnel with normal and/or acceptable BMI under the PNP BMI classification but are required to undertake Fitness Package B to maintain their BMI:

Age	BMI Range
29 years old and below	18.5 to 24.9
30 to 34 years old	18.5 to 25.0
35 to 39 years old	18.5 to 25.5
40 to 44 years old	18.5 to 26.0
45 to 50 years old	18.5 to 26.5
51 years old and above	18.5 to 27.0

- q. **Group C** – refers to those PNP personnel with overweight under the PNP BMI classification and are required to undergo Fitness Package C for weight loss program:

Age	BMI Range
29 years old and below	25.0 to 29.9
30 to 34 years old	25.1 to 29.9
35 to 39 years old	25.6 to 29.9
40 to 44 years old	26.1 to 29.9
45 to 50 years old	26.6 to 29.9
51 years old and above	27.1 to 29.9

- r. **Group D** – refers to those PNP personnel who are Obese Class 1 under the PNP BMI classification with BMI range of 30.0 to 34.9 for all age categories and are required to undertake the Fitness Package D for weight loss program.
- s. **Group E** - refers to those PNP personnel who are Obese Class II under the PNP BMI classification with BMI range of 35.0 to 39.9 for all age


DHRDD  
CERTIFIED TRUE COPY  
FROM THE ORIGINAL

  
JEAN MARY A. MANCAHIS  
Police Lieutenant Colonel  
Chief Admin Section, DHRDD

categories and are required to undertake Fitness Package E for weight loss program.

- t. Group F - refers to those PNP personnel who are Obese Class III under the PNP BMI classification with BMI range of equal or greater than 40.0 for all ages and are required to undertake Fitness Package F for weight loss program.
- u. Gross Inefficiency - is closely related to "gross neglect," for both involve specific acts of omission. Gross neglect is the omission or refusal, without sufficient excuse, to perform an act or duty, which it was the peace officer's legal obligation to perform; implies a duty as well as its breach and the fact can never be found in the absence of duty.
- v. Health Monitoring Program - is an informal, non-statutory method of surveying your work force for symptoms of ill-health.
- w. Ideal BMI - are values set by health experts as a suitable measure or indicator of ones' health status. Those which ideal BMI or normal BMI have low risk of developing serious health conditions.
- x. Maximum Allowable BMI - are the upper limit values set by the PNP for purposes of determining fitness for retention in the police service and further personnel actions.
- y. No Go - an evaluation of personnel who has medical findings (i.e., temporary disability and other health conditions as determined by the PNP Medical Officer) and was not allowed to join the regular PFT. The medical findings shall be duly validated and certified by appropriate medical officer from PNP Health Service.
- z. Non-Uniformed Personnel (NUP) - permanent civilian employees of the PNP with plantilla positions and salary grades as attested by the Civil Service Commission (CSC) and National Police Commission (NAPOLCOM).
  - aa. Obstetrically Deferred - an evaluation of female PNP uniformed personnel who is pregnant during the time of her scheduled PFT or has undergone normal spontaneous delivery or caesarian operation or other pregnancy related operation (i.e. dilation and curettage) and not allowed to perform PFT. The condition shall be duly validated and certified by appropriate medical officer from the PNP Health Service.
  - bb. P1 - considered to possess a high level of medical fitness. May withstand the rigors of prolonged police work or its core functions (those 21 to 39 years old with no medical problem/defects).
  - cc. P2 - may be exposed to rigors of work for prolonged period. The same as those categorized as P1, but may have minor defects, light or slight limitation of movement, may perform normal police duties and can cope

DHRDD  
CERTIFIED TRUE COPY  
FROM THE ORIGINAL

  
JEAN MARY AMANGAHIS  
Police Lieutenant Colonel  
Chief Admin Section, DHRDD

with the requirements of police works (those forty (40) years old and above).

- dd. P3 (temporary) - considered to possess medical conditions or physical defects that can still be treated or cured within a specific period as prescribed by the attending HS Medical Officer. May still be required to perform administrative duties/function, unless re-classified by the HS.
- ee. P3 (permanent) - considered to possess medical conditions or physical defects that cannot be treated or cured as prescribed by attending HS Medical Officer. May still be required to perform administrative duties/functions.
- ff. P4 - considered to possess one or more medical conditions or physical defects of such severity that performance of duty is drastically limited. A personnel is considered P4 if he fails to meet the criteria of the first three classifications, thus unfit for further police service.
- gg. Personal Responsibility - is the duty of all PNP personnel to adhere to the standards that society and the organization had established and be responsible for his actions.
- hh. Physical Conditioning - refers to any bodily activity that enhances physical fitness and maintains overall health and wellness.
  - ii. Physically Fit - the state of being healthy and of good physical and mental well-being.
  - jj. Physical Fitness - the body's ability to function officially and effectively in work and leisure activities, to be physically healthy and highly resistant to diseases.
  - kk. Physical Fitness Test (PFT) - a method of evaluating the physical condition of PNP uniformed personnel in terms of stamina, strength, speed, and agility.
  - ll. Physical Health and Monitoring Activity - this refers to the process of regular and repeated collection of selected measurable and recordable data of the concerned individual through various examinations conducted by the PNPGH/RHS/other medical institutions.
- mm. PNP Health Facilities - pertain to the PNP General Hospital, Regional Health Dispensaries or infirmaries and established PNP clinics in the PPO.
- nn. Physical Health Profile - refers to the physical, health, medical and dental record/history of a PNP personnel.
- oo. PNP Personnel - composed of the uniformed and non-uniformed members of the PNP in the active service.

DHRDD  
CERTIFIED TRUE COPY  
ELECTRONIC SIGNATURE

  
JEAN MARY ALMAGAHIS  
Police Lieutenant Colonel  
Chief Admin Section, DHRDD

- pp. PNP Uniformed Personnel - Police Commissioned Officers (PCOs) and Police Non-Commissioned Officers (PNCOs) of the PNP in the active service.
- qq. PNP Acceptable BMI - refers to the BMI set by the PNP for purposes of determining a suitable physique or body appearance for uniformed personnel in relation to their age.
- rr. Remedial - an ample time and chance to take or repeat a certain task or test and learning in order to accomplish the required level of performance.
- ss. Retake - a PFT that is repeated due to valid reasons especially as a result of medical or other examinations.
- tt. Standard Exercise - refers to the number of repetitions, and/or duration to perform a particular exercise in a given time.
- uu. Special PFT - refers to a rescheduled PFT for those who were not able to take their PFT on their scheduled date for valid reason.
- vv. Warm up Exercises - generally consist of a gradual increase in intensity of physical activity (a "pulse raiser"), joint mobility exercise, and stretching, which brings the body to a condition at which it safely responds to nerve signals for quick and efficient action.
- ww. Weight Management Program - a long term approach to a healthy lifestyle. It includes a balance of healthy eating and physical exercise to equate energy expenditure and energy intake.

## 6. GUIDELINES:

### a. General Guidelines:

- 1) The general qualifications for appointment in the PNP set forth under Section 30, RA No. 6975, as amended by Section 14, RA No. 8551 shall be continuing in character and an absence of any one of them at any given time shall be a ground for separation or retirement from the service;
- 2) One of the general qualifications provides that a PNP uniformed personnel must not weigh more or less than five kilograms (5 kgs.) from the standard weight corresponding to his or her height, age, and sex;
- 3) A PNP personnel who is physically and mentally incapacitated to perform police functions and duties shall be retired or separated from the service;

DUROD  
 OFFICE COPY  
 FROM THE ORIGINAL

JEAN MARY AMANSAHIS  
 Police Lieutenant Colonel  
 Chief Admin Section, DHRDD

- 4) No conference shall be scheduled at 3:00 PM onwards during Tuesday and Thursday to give way for the health and physical conditioning activities;
- 5) Head of offices/unit commanders shall look after the welfare of their personnel. They shall promote a healthy, balance and simple lifestyle, and lead in the conduct of health and physical fitness activities;
- 6) All PNP personnel are required to engage in regular physical conditioning (PULISTENIKS), wellness, and health activity every Tuesday and Thursday from 3:30 PM to 4:30 PM;
- 7) PNP personnel with medical conditions as evaluated and certified by the PNP Health Service (HS), shall also attend the physical conditioning and fitness program and perform distinct exercises determined by the HS;
- 8) Combat sports activities such as but are not limited to taekwondo, karatedo, arnis, or boxing shall follow after the Pulisteniks. PNP personnel may also opt to join other physical fitness activities from the choices of fun run, fun walk, fun biking, iron man, swimming, etc., or their preferred sports such as basketball, badminton, marathon, others, provided that all activities shall be performed inside the camp;
- 9) All PNP uniformed personnel shall undertake the BMI measurement every first week of the month. They shall secure a hard copy of the result (BMI Monitoring Form) which they must present during the monthly BMI monitoring/measurement. A soft copy of the same shall be saved in their cellphone which must be updated every after the monthly monitoring. Every personnel must also download the BMI calculator (excel) in their cellphones to be provided by the DHRDD. The BMI monthly results shall be evaluated every quarter;
- 10) PNP uniformed personnel under the PNP BMI Groups C, D, E and F classifications, shall have an additional 30 minutes extension of wellness and health activity every Tuesday and Thursday after the Pulisteniks;
- 11) All PNP uniformed personnel, 40 years old and above, upon issuance of order by DPRM or concerned office shall undergo APE, at any time as scheduled. The PNP personnel due for compulsory retirement with orders issued by NAPOLCOM are exempted to undergo APE, while those who availed optional retirement may also be exempted from APE only upon the approval of their retirement by NAPOLCOM;
- 12) All PNP uniformed personnel shall undergo the PFT regardless of rank, sex, and age, once a year, during their birth month or at any

DATED  
 OFFICE OF THE CHIEF OF POLICE  
 NATIONAL POLICE COMMISSION  
  
 JEAN MATY ALANGALIS  
 Police Lieutenant Colonel  
 Chief Admin Section, DHRDD



date as scheduled. The PNP personnel due for compulsory retirement with orders issued by NAPOLCOM or 55 years old at the time of their scheduled PFT are exempted to undergo the PFT, while those who availed optional retirement may also be exempted from attending the PFT only upon the approval of their retirement by NAPOLCOM;

- 13) PNP uniformed personnel who failed to undergo and/or absent during the required/scheduled PFT will be given another chance to undertake the PFT on a special date to be scheduled by the DHRDD and the HS. Should they fail to undergo the PFT during the prescribed special date, they shall be endorsed to the DPRM by the DHRDD and HS or its respective equivalent offices in PROs/NSUs for appropriate personnel action (medical screening, attrition, pre-charge, and etc);
- 14) The PNP uniformed personnel who are on vacation leave, travel abroad, foreign schooling and study leave shall undergo the PFT/APE on a special date scheduled by the HS and the DHRDD or may undergo the same one month before their leave or travel abroad, or after attendance to such training program;
- 15) PNP uniformed personnel, who will be deployed for UN Peacekeeping Mission shall undergo the annual PFT/APE before or after their deployment in coordination with DPL;
- 16) PNP uniformed personnel who will be posted to Office of Police Attaché (OPA) shall undergo the PFT/APE before posting or upon request from the DHRDD upon his/her return from his/her Tour of Duty (TOD);
- 17) All PNP personnel shall maintain a personal medical and health record for monitoring of his/her medical and health condition which is his/her personal responsibility. He/she should initiate self-help projects and individual physical conditioning/sports to maintain overall health and wellness;
- 18) Every Regional Health Service (RHS) shall have an organic nutritionist/dietician. In the event that the RHS unit does not have a nutritionist/dietician, representations shall be made to the RD, PRO for the possible detached service (DS) status of a nutritionist/dietician personnel to the RHS. Otherwise, the HS shall make representations with the Department of Health (DOH) for the availability of a nutritionist/dietician and formalize the agreement through a Memorandum of Agreement (MOA), whenever possible;
- 19) The HS shall determine appropriate standard fitness packages for all PNP personnel. They shall also conduct evaluation, monitoring and reporting of the BMI of all PNP personnel and provide periodic report of its result, (ANNEX "A");

JUAN MARY ANGAHIS  
Police Lieutenant Colonel  
Chief Admin Section, DHRDD

20) All chiefs of offices/units shall maintain a height and weight station (digital) in their offices. They shall also maintain a physical health profile of their personnel and conduct monthly weigh-in and BMI monitoring and ensure that their personnel faithfully comply with the requirements of this MC.

**b) Specific Guidelines:**

- 1) All heads of offices/unit shall ensure the maximum participation of their personnel on all the activities required by this MC;
- 2) The head of offices/unit commanders through their Administrative Officers shall be responsible in monitoring and reporting the status of their personnel and ensure that they have their physical health profile to avoid sanctions;
- 3) The Chief of offices/units shall recommend and submit the names of their PNP personnel who are qualified instructors on physical conditioning and combat sports to the DHRDD for consolidation and reference;
- 4) All chiefs of offices/units shall designate a fitness officer, preferably a PCO whose one of the tasks is to conduct fitness activities of their personnel;
- 5) Attendees shall be in prescribed PNP athletic uniform and shall observe "Tamang Bihis" during scheduled activities;
- 6) PFT monthly reports shall be submitted to the DHRDD (Attn: UTPDD) every 25<sup>th</sup> day of the month;
- 7) Consolidated BMI monthly monitoring reports of all PNP offices/units (ANNEX "E") shall be submitted to DHRDD (Attn: UTPDD) every 1<sup>st</sup> Friday of the month;
- 8) Heads of Offices/Unit Commanders shall submit the physical fitness activities, sports development program, and physical health monitoring activity of their personnel to the DHRDD (Attn: UTPDD) every end of the month;
- 9) The timeliness of submission and completeness of reports shall accord the Head of Office/Unit Commander a rating of full points ;
- 10) Comprehensive PFT with passing result will be a mandatory requirement for promotion, participation in schooling and before graduation, among others, as maybe required;
- 11) Every PROs/NSUs shall create their own physical fitness team whose members must have at least a background on dance fitness;
- 12) The ceiling cost of the APE is Php4,000.00 per capita (Ref: DOH) chargeable against Health Service General Appropriation;

DEPT. OF  
POLICE TRAINING AND  
RESEARCH

  
JEAN MARY A. MAGSALIS  
Police Lieutenant Colonel  
Chief Admin. Section, DHRDD

- 13) In case the APE exceeds the maximum amount, the excess shall be borne by the PNP personnel concerned;
- 14) Additional diagnostic procedures such as stress test, 2D Echo, and other procedures may be requested subject to the recommendation of the examining medical officer;
- 15) For the entitlement to the subsidy, the following requirements shall be submitted to the DPRM for endorsement to the DC:
  - a) Unit endorsement;
  - b) Proof that the APE was conducted;
  - c) Certification from the PNP/GR/RHS;
  - d) Receipts; and
  - e) Birth certificate.
- 16) All PROs/NSUs shall also create their respective BMI Boards which shall evaluate and investigate any report and/or result of PNP personnel who failed to achieve their PNP Acceptable BMI and recommend the same for personnel action; and
- 17) Lateral coordination is highly recommended.

**c) Responsibilities:**

**1) Tasks**

**a) OTCDS**

- (1) Shall act as the overall supervisor in the implementation of this MC; and
- (2) Perform other tasks directed.

**b) DHRDD**

- (1) Designated as the Office Primary Responsible (OPR) in the implementation of this MC;
- (2) Monitor and supervise all the activities;
- (3) Maintain baseline and data base of the consolidated BMI, PFT, APE, and physical health profile of all PNP personnel submitted by all PNP offices/units for authentication and/or future reference in coordination with the HS;
- (4) Maintain pool of fitness instructors at the NHQ level;

  
 JEAN MARY ANN GARHIS  
 Police Lieutenant Colonel  
 Chief Admin Section, DPREO

- (5) Consolidate the physical health conditioning attendance report submitted by Admin Officers of offices/units;
- (6) Submit to the DPRM the list of Crame-based personnel who failed to attend the activities, failed to pass the PFT, failed to submit themselves for BMI measurement and other requirements and monitoring, and those who failed to attain their PNP Acceptable BMI after undergoing their respective fitness package for appropriate personnel action;
- (7) Develop a manual/handbook for Physical Conditioning and Health Program through a TWG composed of representatives from the DHRDD (as Chairman) with the DPCR, DC, HS, HSS, and PNPTS as members;
- (8) Provide PFT Supervisors;
- (9) Supervise the implementation of the fitness intervention program in coordination with the HS;
- (10) Direct National Police Training Institute (NPTI) to conduct regular PFT and BMI measurement of PNP personnel undergoing training/schooling in coordination with HS as appropriate;
- (11) Ensure that the provisions of this MC, particularly on nutrition, healthy lifestyle, proper diet, regular exercise and other matters which are appropriate, be incorporated in all Training Programs;
- (12) Coordinate with other concerned units/offices and other agencies in the implementation of this MC; and
- (13) Perform other tasks as directed.

**c) DPRM**

- (1) Include in the requirement for promotion the result of Comprehensive PFT and recent BMI results during the period required;
- (2) Issue orders for the BMI Board;
- (3) Issue orders to qualified PNP personnel as pool of instructors of Physical Fitness Program and Combat Sports as provided by the HSS;
- (4) Issue orders to all Crame-based PNP uniformed personnel scheduled to undergo the APE three months prior to their birth month or any time as scheduled;

  
 JEAN MARIE MANGAHIS  
 Police Lieutenant Colonel  
 Chief Admin Officer, DHRDD

- (5) Issue orders for the detail of PFT supervisors as provided by the DHRDD;
  - (6) Provide list of PNP personnel who are on leave every month for scheduling of PFT/APE;
  - (7) Provide list of PNP personnel who had been assigned abroad or on schooling abroad;
  - (8) Issue orders for the detail of Marshals as provided by the DHRDD;
  - (9) Submit list of personnel who failed to undergo the PFT and APE to the DIDM for pre-charge evaluation and investigation (PCEI);
  - (10) Conduct appropriate personnel action to those PNP personnel who failed to attain the PNP Acceptable BMI and/or achieve significant improvement in their weight after undergoing their respective fitness package; and
  - (11) Perform other tasks as directed.
- d) **DIDM**
- (1) Conduct PCEI on those personnel who failed to undergo the scheduled physical conditioning activities, PFT (Comprehensive) and APE;
  - (2) Conduct PCEI to all PNP personnel who are found committing an act of dishonesty during the conduct of PFT, APE, BMI and scheduled physical conditioning activities; and
  - (3) Perform other tasks as directed.
- e) **DPCR**
- (1) In coordination with the HS, conduct continuous health information and education activities not limited to lectures and giving of information and education campaign (IEC) materials, counselling on nutrition, proper diet, healthy lifestyle and regular exercise; and
  - (2) Perform other tasks as directed.
- f) **DC**
- (1) Provide appropriate funds for the implementation of this MC; and
  - (2) Perform other tasks as directed.

JEAN MARVIN M. GONIS  
Police Lieutenant Colonel  
Chief Admin Section, DHRDD

- g) **DL**
- (1) Provide logistical support for all the programs/activities; and
  - (2) Perform other tasks as directed.
- h) **DRD**
- (1) Detail personnel to conduct inspection of *Tamang Bihis* during physical conditioning activities and the PFT; and
  - (2) Perform other tasks as directed.
- i) **ITMS**
- (1) Provide technical support in coordination with the DICTM for the implementation of the activities; and
  - (2) Perform other tasks as directed.
- j) **D-Staff/P-Staff/NSUs (Crame-based)**
- (1) Ensure the physical well-being of their personnel who will undergo the physical conditioning activities, PFT, APE, BMI, and fitness packages;
  - (2) Direct the Administrative Officers and Chief Clerks of their respective units to supervise and check the attendance of their personnel;
  - (3) Submit list of personnel who failed to take the BMI;
  - (4) Maintain records of the PFT, APE, BMI, and physical health profile of their personnel; and
  - (5) Perform other tasks as directed.
- k) **PNPTS**
- (1) Office primary responsible (OPR) for the conduct of the PFT for Crame-based personnel;
  - (2) Consolidate the PFT results of all units and submit to DHRDD;
  - (3) Regional Special Training Units (RSTUs), PNPTS shall supervise the conduct of the PFT in coordination with the RLDDD in their respective PROs;
  - (4) Submit list of personnel who failed to undergo the PFT to the DHRDD as the basis in the conduct of PCEI;
  - (5) Maintain a data base for the PFT;

- (6) Shall ensure that the PNP personnel undergoing schooling/training must undergo the monthly BMI measurement/monitoring;
- (7) Assist the DHRDD in the conduct of other activities; and
- (8) Perform other tasks as directed.

**l) HSS**

- (1) Designated OPR in the conduct of physical and health conditioning program for Crame- based PNP personnel;
- (2) Designate Chief, SSU as Action Officer;
- (3) Detail personnel/marshals to check the attendance of participants in coordination with the DHRDD;
- (4) Provide instructors on physical conditioning during Tuesday and Thursday schedule;
- (5) Prepare the venue that will be utilized for the activities such as the NHQ Gym, Transformation Oval, and other sports facilities inside Camp BGen Rafael T Crame;
- (6) Identify, screen, and maintain a pool of qualified and competent instructors in coordination with the PNPTS;
- (7) Assist the DHRDD in the checking and consolidation of attendance;
- (8) Provide lectures on physical and health conditioning program based on the manual/handbook;
- (9) Provide personnel to assist in the traffic flow inside Camp BGen Rafael T Crame during the conduct of the PFT and physical conditioning activities;
- (10) Provide the PA System for the entire duration of the PFT and physical conditioning activities in coordination with the CES;
- (11) Assist the PNPTS in the conduct of the PFT for the Command Group, D-Staff and P-Staff; and
- (12) Perform other tasks as directed.

**m) PCADG**


- (1) Provide audio visual presentation on awareness and education regarding physical conditioning and health program to be distributed to all PNP offices/units;

  
 JEAN NATIVIDAD  
 Police Department Colonel  
 Chief Admin Officer, DHRDD

- (2) Conduct information drive on (1) diet, (2) healthy lifestyle, (3) physical exercise, and (4) mental health awareness prior to the conduct of conditioning activity;
  - (3) Provide/distribute/disseminate the Manual/Handbook on Physical Health Conditioning Program; and
  - (4) Perform other tasks as directed.
- n) **PIO**
- (1) Promote/disseminate the activities to the media or through social media;
  - (2) Provide media/photo coverage and press releases during the conduct of the PFT and physical conditioning activities; and
  - (3) Perform other tasks as directed.
- o) **HS**
- (1) Prepare a physical wellness program/package designed to keep all PNP personnel physically fit in coordination with the DHRDD;
  - (2) Determine BMI baseline of all PNP personnel;
  - (3) Provide appropriate number of medical teams (MT) for emergency health care needs during the conduct of activities;
  - (4) Conduct pre-medical screening to the participants as needed;
  - (5) Conduct counselling regarding health awareness, physical fitness, diet and nutrition to all PNP personnel;
  - (6) Review the program designed by Admin Officers of offices/units and make recommendations;
  - (7) Conduct physical and medical examination to PNP personnel with co-morbid conditions;
  - (8) Coordinate and identify other government health institutions and facilities accredited by DOH for referrals;
  - (9) Maintain database for the physical profile (including P1, P2, P3, and P4 category personnel) of all PNP uniformed personnel;
  - (10) Provide the concerned units the result of the APE of PNP personnel recommended for disability;



- (11) Validate the BMI measurement submitted by concerned offices/units;
  - (12) Provide certification for personnel with medical conditions;
  - (13) Provide the DHRDD with the list of PNP personnel who have undergone APE quarterly;
  - (14) OPR in the MOA signing between the PNP and the DOH in coordination with the Department of the Interior and Local Government (DILG) for the availability of a nutritionist or dietician;
  - (15) Assist the DHRDD in the conduct of fitness intervention program; and
  - (16) Perform other tasks as directed.
- p) **CES**
- (1) Provide the PA System and operator for the entire duration of the activities; and
  - (2) Perform other tasks as directed.
- q) **SAF and AVSEG**
- (1) Conduct similar activities in respective AORs;
  - (2) Ensure the well-being of their personnel by following the health program to be developed by the Health Service;
  - (3) Provide competent instructors on physical conditioning within respective AORs;
  - (4) Initiate administrative proceedings to personnel who will fail to attend the activities and fail to attain their BMI despite intervention;
  - (5) Supervise and monitor the conduct of the physical conditioning, the PFT and the BMI measurement to their uniformed personnel;
  - (6) Ensure the attendance of personnel in the conduct of physical health conditioning, PFT, BMI measurement and participation in the fitness packages;
  - (7) Submit monthly report of the PFT results and BMI monitoring to the DHRDD;
  - (8) Provide the needed support in the conduct of physical conditioning, PFT, BMI, and APE;

  
 JEAN M. MAGANIS  
 Police Lt. District Colonel  
 Chief Admin. Officer, DHRDD

- (9) Prepare implementing plan for this MC; and
  - (10) Perform other tasks as directed.
- r) **PROs**
- (1) Conduct similar activities in respective AORs down to the City/Municipal Police Station Level;
  - (2) Ensure the well-being of their personnel by following the health program to be developed by the Health Service;
  - (3) Conduct regular monitoring of the BMI of all personnel down to municipal level and submit consolidated reports to the DHRDD;
  - (4) Provide competent instructors on physical conditioning within respective AORs;
  - (5) Initiate administrative proceedings to personnel who will fail to attend the activities;
  - (6) Prepare implementing plan for this MC;
  - (7) Supervise and monitor the conduct of physical conditioning, the PFT, APE, and the BMI measurement to uniformed personnel within their AOR;
  - (8) Ensure the participation of personnel in *Pulisteniks*, the PFT, and the BMI measurement/monitoring and participation in the fitness packages;
  - (9) Provide the needed support in the conduct of physical conditioning, PFT, BMI, and APE to respective personnel;
  - (10) Assist and support the Regional Special Training Units (RSTUs) in the conduct of PFT and other activities;
  - (11) Submit monthly report of PFT result to the DHRDD; and
  - (12) Perform other tasks as directed.

JEAN MARIE A. ANCOZAP  
 Police Lieutenant Colonel  
 Chief Admin Section, DHRDD

## 7. PROCEDURES:

As stated, this MC provides for the graduated and modular method of comprehensive health and physical fitness program of the PNP. It shall be done continuously in four stages.

### a. **Physical Conditioning, Wellness and Health Stage:**

- 1) All PNP personnel are required to engage in regular Physical Conditioning, Wellness and Health activity as part of the

Comprehensive Health and Physical Fitness Program. They shall submit their respective individual programs to the Chief, Admin of their respective offices.

- 2) All offices/units shall also initiate physical conditioning and wellness program and submit the same to the DHRDD or equivalent offices in PROs/NSUs.

a) **Physical Awareness and Education Activity (PAEA)**

This activity shall enhance the awareness and understanding of PNP personnel on the health value and benefits by regular exercise and physical activities in preparation to the actual PFT. For purposes of uniformity, offices/units through their PCR shall conduct information drive on diet, healthy lifestyle, wellness physical exercises, and mental health awareness prior to the conduct of conditioning activity.

The PAEA shall include the following:

- 1) Audio Visual Presentation (AVP) on nutrition and diet, various physical exercises, healthy lifestyle and mental health awareness, and different health monitoring programs;
- 2) Lectures and other health and wellness information drive; and
- 3) Development/publication of a manual/handbook on physical conditioning and health program to serve as guide for all PNP personnel.

b) **Personal Physical Activity**

This activity is an individual responsibility to be developed and performed by each and every PNP personnel.

- (1) Individual program to be monitored by respective offices/units;
- (2) Self-help projects/initiated;
- (3) Individual physical conditioning/sports initiated by the concerned unit or office to be supervised by the admin officer;
- (4) Personal fitness activities shall include various physical conditioning activities such as thread mill, stationary jogging, brisk walking, and other individual exercises; and

JEANALYN S. DELA CRUZ  
Police Director  
Chief Administrative Officer

- (5) All units (PROs and NSUs) shall monitor and submit these personal fitness activities in matrix form to DHRDD for monitoring, evaluation, and assessment.

**c) Physical Organized Conditioning/Sports Activity (POCSA)**

All offices/units shall initiate various group activities scheduled inside PNP camp compound/premises.

- (1) The Director or Head of Office of the D-Staff, P-Staff, NSUs, and PROs, through their Admin Officers, shall design and be responsible in implementing a sustainable PNP POCSA to ensure that their personnel are physically fit for law enforcement duty;
- (2) The Director or Head of Office of the D-Staff, P-Staff, NSUs, and PROs, through their Admin Officers and in coordination with the HS or its equivalent office, shall determine PNP personnel who are overweight or obese based on BMI and shall undergo the weight management program (WMP) which includes but not limited to the following:
- (a) Lecture on health and wellness which includes, nutrition and diet counseling based on the manual/handbook;
  - (b) Pulisteniks;
  - (c) Fun walk, fun run, staircase ascension, fun biking, and other physical exercises;
  - (d) Fitness packages/intervention program; and
  - (e) Biggest weight loss program.
- (3) All Directors or Heads of Offices of D-Staff, P-Staff, NSUs, and PROs or their duly authorized representative shall organize their respective offices/units and lead the athletic activities, aside from the regular activity during athletic days every Tuesday and Thursday from 3:30 PM onwards, without prejudice to the unit's mandated functions. Organized fitness activities should not be limited to the following:
- (a) Taebo/Zumba/Pulisteniks, etc.
  - (b) Outdoor/Indoor Activity:
    - b.1) Fun run;
    - b.2) Fun biking;

JEAN MARCO S. CRAMP  
Police Lieutenant Colonel  
CAMPALAN, Cebu, PHILIPPINES



- 2) The PNP Health Service (HS) shall conduct medical evaluation for PNP uniformed personnel before taking the PFT on the following tests/measurements:
  - a) Body Mass Index (BMI);
  - b) ECG (30 years old and above);
  - c) Tread Mill Stress Test Result (upon physician's recommendation based on ECG results);
  - d) Blood Pressure (BP); and
  - e) Annual Physical Examination (APE) for 40 years old and above.
- 3) All PNP uniformed personnel 40 years old and above, with or without APE shall report to PFT Clinic, HS for PFT medical evaluation;
- 4) The HS through the duty medical officer shall determine whether or not the participant shall take the PFT based on his/her medical evaluation;
- 5) PNP personnel evaluated as NO-GO due to medical problem by the attending PFT medical officer shall be advised for medical evaluation/treatment, if medically cleared, they shall be rescheduled for special PFT. If he/she is still evaluated as NO-GO, the attending PFT medical officer shall indorse the result to DHRDD or its equivalent office for administrative action;
- 6) PNP personnel with high blood pressure on the 1st test will be advised to rest, if he/she has the same result for the third time on the same date, the attending PFT medical officer shall refer the personnel to PNP General Hospital (PNPGH)/RHS for further evaluation and management. Once medically cleared, he/she shall be referred to DHRDD or its equivalent office to undergo PFT on a special date;
- 7) PNP personnel who is classified as P3 by HS, shall undergo alternative PFT as prescribed by the attending HS physician, and be advised to choose any of the exercises designed by the DHRDD;
- 8) PNP personnel who is classified as P3 (temporary) by HS, shall have a maximum period of one year to be reclassified to P2. Otherwise, he/she shall be classified as P3 (permanent);
- 9) PNP personnel, 51 years old and above shall also undergo alternative PFT, and be advised to choose any of the exercises designed by the DHRDD;
- 10) Star rank officers shall have a separate PFT to be scheduled by DHRDD;

JEAN VICTOR MARIANO  
Police Director  
CHIEF OF POLICE

- 11) PFT for the Directorial Staff, Personal Staff, and Crime-based NSUs shall be conducted at National Headquarters (NHQ) and to be supervised by DHRDD/PNPTS and selected personnel of NSUs;
- 12) During the registration, the PFT performer shall be given one PFT form and shall write his/her complete name legibly, rank, sex, date of birth, age, PNP badge number, and complete office/unit address without affixing yet his/her signature provided at the bottom left portion in the PFT form. Only after performing all the required events/exercises that the performer should affix his/her signature in the PFT Form;
- 13) PNP personnel are expected to obtain an average passing raw score equivalent to a grade of 70% on all events required in their age category, while the lowest grade that could be given is 0%;
- 14) Comprehensive PFT with passing result will be a mandatory requirement for promotion, graduation from any schooling, recruitment and others as required;
- 15) A PNP female performer who is pregnant during the actual conduct of PFT or just undergone normal/caesarean delivery as determined by the PFT Doctor shall not be marked with NO GO or FAILED but instead, her PFT form shall be marked with DEFERRED. Her PFT grade from the previous PFT shall be carried over as her final grade for that particular PFT period;
- 16) Uniformed personnel who failed to pass the PFT on his/her given schedule should be given an opportunity to take the remedial PFT after a month or any date to be scheduled by DHRDD or equivalent office. Should they fail the remedial PFT, they shall be endorsed to DPRM by DHRDD/HS or their respective equivalent offices in PROs/NSUs for appropriate personnel action (medical screening, attrition, pre-charge and etc.);
- 17) PFT performers shall be in prescribed PNP athletic uniform "Tamang Bihis" and shall present the accomplished PFT Clinical Data Sheet with ECG results (with reading or interpretation), and valid PNP ID during the scheduled date;
- 18) PNP personnel undergoing mandatory, career, or specialized courses or schooling with PFT at Philippine Public Safety College (PPSC) or other training schools, may request for accreditation of the result of PFT at DHRDD as a class, provided that the PNP PFT standard has been properly observed;
- 19) PROs and regional NSUs shall conduct the PFT of their respective personnel supervised by the RSTU, PNPTS in their respective areas of responsibility. The PFT venue shall be at the RHQ, PHQ or other places that maybe designated by respective commanders taking into consideration the safety of their personnel;

  
JEFFREY S. GARCIA  
Police Colonel - General  
Chief, Admin. Services, DHRDD

- 20) PFT and physical conditioning at high risk and/or critical areas should be conducted at their respective offices/camps;
- 21) The assessor team shall address all acts of dishonesty during the PFT proper and other incidents as the need arises and endorse their resolution or report of findings to DHRDD for proper disposition of the incident; and
- 22) A PNP personnel who refused to take the periodic physical fitness test without justifiable reason; or failed to take the PNP physical fitness test for four consecutive periodic tests due to health reasons; or failure to pass the PNP physical fitness test for two consecutive periodic test or four cumulative periodic tests shall be subjected for attrition based on Section 29 (c)<sup>3</sup>, RA No. 8551 in relation to NAPOLCOM MC No. 2008-005<sup>4</sup>.

**c. Annual Physical Examination (APE)**

- 1) APE shall be conducted and supervised by the HS/RHS at their respective PNP health facilities. All laboratory procedures not available at any PNP health facilities shall be referred by the PNP medical officer to any Department of Health (DOH) accredited laboratories. It shall be composed of the following examinations:
  - a) Physical Examination;
  - b) ECG;
  - c) Chest X- ray; and
  - d) Laboratory examinations (CBC, Urinalysis, FBS, Creatinine, BUA, Cholesterol, SGOT, SGPT).
- 2) For NHQ and NSUs, respective Administrative Officer shall submit the lists of their PNP uniformed personnel, 40 years old and above to PE Section, HS for consolidation and endorsement to DPRM for issuance of APE Orders. NSUs shall indicate the specific assignment and birth date of their personnel;
- 3) For PROs, RPRMD shall issue APE orders of PNP uniformed personnel on particular schedule based on their birth month;
- 4) PNP personnel with medical problem based on their APE shall be referred for further treatment or medical evaluation, subject to existing PNP Attrition System or Total Permanent Physical Disability (TPPD). For this purpose, the Memorandum Circular entitled "Separation from the Police Service of Active PNP Uniformed Personnel Due to Physical Disability" which provides the policies and procedures to be followed when police personnel on active duty

  
 JEAN MARY MANGAHAS  
 Police Lieutenant Colonel  
 Chief Adm. Section, DHRDD

<sup>3</sup> "Attrition by Other Means."

<sup>4</sup> "Prescribing Policies, Procedures and Guidelines Governing the Attrition System for the Uniform Personnel of the PNP."



is found to have certain medical condition or physical defects which make him/her physically unfit for further police service shall be strictly implemented;

- 5) PNP personnel reporting for APE shall bring with them all pertinent medical examinations result (if any), personal medical record book, and other documents that will be needed in the conduct of APE. They shall bring their valid PNP ID and should be in proper athletic uniform;
  - 6) All PNP personnel reporting for APE shall report to the Dietetics and Nutrition Section, PNPGH for counselling on proper diet and nutrition, proper exercise and other matters for healthy lifestyle;
  - 7) PNP personnel who failed to undergo APE on the scheduled date or on birth month for the reason of schooling, travel, leave, and attending conferences shall inform DHRDD copy furnish D, HS for re scheduling of the same within the quarter. RPRMD and Admin Officer shall be responsible to report the status of their personnel to avoid sanctions;
  - 8) All PNP personnel who undergone APE and classified as P3 (permanent) shall not be considered for promotion and placement to any key position; and
  - 9) PNP personnel classified as P4 in their APE or with other serious medical problems shall be recommended for attrition under Section 29 (c), RA No. 8551.
- a. **Body Mass Index (BMI)**
- 1) All PNP uniformed personnel regardless of age, sex and status shall undertake the BMI measurement and monitoring every first week of the month by their respective Admin Officers, recorded in the BMI assessment/monitoring form (ANNEX "B") and data base including their physical health profile;
  - 2) Normal BMI is computed based on the formula set by the World Health Organization (WHO),  $BMI = \text{Weight (Kg)} \div \text{Height (m}^2\text{)}$ ;
  - 3) The PNP, to assess whether a personnel is suitable to be a PNP member shall utilize any of the following PNP Acceptable BMI:
    - a. Acceptable BMI according to age, (ANNEX "C"), where a personnel will be categorized into underweight, normal weight, acceptable BMI, overweight, obese I, obese II, or obese III;
    - b. Acceptable by waist circumference, (ANNEX "D"). A PNP personnel categorized as overweight but with an athletic or muscular physique that fits the waist circumference cut-off with no bulging abdomen. No bulging abdomen shall mean no protruding part, swelling or outward curve of the stomach:

JEANIE S. SANTIAGO  
Police Officer III  
Chief, Admin. Services, DHRDD

Age	Women	Men
44 years old and below	31 in./78.7 cm and below	35 in./88.9 cm and below
45 years old and above	32 in./81.3 cm and below	36 in./91.4 cm and below

- c. Acceptable by large body frame size, (ANNEX "E"). A PNP personnel categorized as overweight with an apparent large built with no bulging abdomen, with 10% from the median of their ideal body weight based on PNP Acceptable BMI:

Interpretation	Women	Men
Small frame	<10.9	>10.4
Medium frame	9.9 – 10.9	9.6 – 10.4
Large frame	<9.9	<9.6

\*Body Frame Size (r values) = Height (cm)+Wrist circumference (cm).

- 4) For appointment in the PNP, PO1 applicants, PNPA graduates, Lateral Entrants (In-Service and Technical Officers) must have a normal or PNP Acceptable BMI;
- 5) Uniformed personnel on schooling, on leave, pregnant, or with other medical conditions shall also undergo the monthly BMI measurement and monitoring. Only personnel with retirement orders or 55 years old and above, and personnel on AWOL with orders are exempted from the BMI measurement and monitoring;
- 6) All PNP personnel applying for promotion or schooling shall be evaluated by the BMI Board to determine whether they shall be allowed to undergo schooling, endorsed for promotion or referred for medical intervention;
- 7) During the conduct of the BMI, the PNP personnel shall present his/her BMI assessment form which shall serve as his/her attendance record. It will also serve as the record and monitoring of the progress/result of his/her BMI;
- 8) Schooling. Only PNP personnel with normal and/or PNP Acceptable BMI shall be allowed to undergo mandatory and competency training/courses. For first semester CY 2020, overweight personnel may undergo such schooling, provided he/she attain a normal or PNP Acceptable BMI before the completion of the course, otherwise his/her certificate of completion will be withheld until such time that he/she has satisfied his/her BMI. Obese personnel shall not be allowed to undergo mandatory and competency schooling;
- 9) Promotion. Only PNP personnel with normal and/or PNP Acceptable BMI shall be considered for promotion. Until December 31, 2020, overweight and obese personnel may be recommended for promotion and placement to any key positions when the BMI Board certifies after evaluation that the applicant shows significant


  
 BMI BOARD


improvement based on his/her BMI monitoring commencing from November 2019.

- 10) All PNP personnel shall be enrolled and undergo the fitness package program (diet counselling, physical exercise, etc.), (ANNEX "F") corresponding to his/her BMI classification which they must perform and strictly comply:

BMI Classification	Fitness Package	Duration	Recommendation
Underweight	A	48 weeks or 12 months	1-3kg weight gain/month
Normal/ Acceptable	B	12 weeks or 3 months	Maintain
Overweight	C	24 weeks or 6 months	2kg weight or 10% excess bodyweight loss per month
Obese I	D	36 weeks or 9 months	2kg weight or 10% excess bodyweight loss per month
Obese II	E	48 weeks or 12 months	2kg weight or 10% excess bodyweight loss per month
Obese III	F	60 weeks or 15 months	2kg weight or 10% excess bodyweight loss per month

- 11) A PNP personnel with a medical condition may be temporarily exempted from the coverage of the fitness package for a period of time to be determined by the PNP physician until the patient returns to his/her normal physical condition. Otherwise, he may be removed from the service through the several modes of separation such as but not limited to retirement or attrition. The following medical conditions are grounds for the temporary exemption of PNP personnel from the fitness package:

- a) Pregnancy;
- b) Lactating mothers;
- c) Post caesarian section;
- d) Amputation;
- e) PWD P3 permanent classification;
- f) Battle casualty personnel with newly diagnosed cardiac/pulmonary conditions; and
- g) Other medical/surgical conditions to be determined by the PNP Physician.

JEAN MARCO...  
  
 ...

- 12) A BMI team shall be organized and composed of personnel from the PNP HS who shall supervise the program implementation. The composition of the team is left to the discretion of the respective Admin Officers of the PNP HS unit, but a team shall not be constituted without a physician. The team shall have the following duties:
- a) Coordinate with the different PNP offices/units regarding the schedule for the taking of the height, weight, waist, and hip circumference;
  - b) Analyze and interpret data;
  - c) Prepare documents regarding the activity such as but not limited to after activity reports; and
  - d) Perform other tasks necessary for the successful implementation of the activity.
- 13) The BMI result shall be incorporated as part of the PFT result following the computation:

$$\text{Comprehensive PFT} = \text{BMI (30\%)} + \text{PFT performance (70\%)}$$

BMI Classification	BMI Score	Computed PFT Score
Underweight (UW)	60	
Normal Weight (NW)	100	
PNP Acceptable BMI		
Overweight (OW)	60	
Obese I (OB1)	50	
Obese II (OB2)	40	
Obese III (OB3)	30	

- 14) A BMI Board is hereby created to evaluate and investigate the report and/or result of PNP personnel who failed to achieve their PNP Acceptable BMI, and the failure of Head of Offices/Units to supervise their personnel to achieve their normal or PNP Acceptable BMI and recommend the same for personnel action. They shall also evaluate the BMI results of personnel due for promotion and schooling taking into consideration the following: waist and wrist circumference, body size frame, bone density, medical condition, and their general physique. The BMI Board shall be composed of the following:

Chairman: TDHRDD  
 Vice-Chairman: D, HS  
 Members: D, TS  
 D, LS  
 DDI  
 DDIDM  
 DDPRM  
 Secretariat: C, UTPDD

JERIMARY  
 Police Department  
 Cebu City

15) Evaluation on the progress/result of the fitness package shall be made every three months. If the BMI of the PNP personnel has not improve or change even gradually, or not maintained as the case maybe, the HS should redetermine the fitness package appropriate for the PNP personnel taking into consideration their waist circumference, body frame size, bone density, medical condition and their general physique. The HS shall also conduct counseling on healthy lifestyle, diet, nutrition and other matters every after quarterly evaluation;

16) Administrative Sanction:

a. The Head of Offices/Unit Commanders shall be charged for neglect of duty/inefficiency for failure to ensure that his/her personnel submit themselves for monthly BMI measurement; for failure to supervise their personnel, if for the two previous quarters, their personnel failed to show significant improvement on their BMI; or for endorsing their personnel to undergo schooling/training despite not having a normal or PNP Acceptable BMI;

b. A PNP personnel shall be charged for less grave neglect of duty, if he/she refused to submit him/herself without valid reason for the BMI measurement, or failed to have a soft copy of his/her BMI in his/her cellphone, or failed to present a hard or soft copy of his/her BMI monitoring form upon demand during athletic/fitness activities, or has unsatisfactory compliance on his/her BMI at the end of every quarter;

c. A PNP personnel who failed to attain his/her normal and/or PNP Acceptable BMI within or at the end of the period of his/her fitness package, shall undergo an extended program. However, during the extended program, he/she shall be assigned to his/her office/unit admin holding unit until he/she attained a normal and/or PNP Acceptable BMI; and

d. If a PNP personnel still fails to attain his/her normal and/or PNP Acceptable BMI after the extended fitness program, he/she shall be subjected to administrative sanctions in accordance with Section 14 and Section 29, RA 8551.

**b. Command Responsibility**

A supervisor/commander is duty-bound and, as such, is expected to closely monitor, supervise, direct, coordinate, and control the overall activities of his subordinates within his area of jurisdiction, and can be held administratively accountable for neglect of duty in not taking appropriate action to discipline his men. Any government official or supervisor, or officer of the PNP or that of any other law enforcement

REPUBLIC OF THE PHILIPPINES  
DEPARTMENT OF INTERIOR AND LOCAL GOVERNMENT  
PUNISHMENT DIVISION  
MANILA  
15

agency shall be held accountable for "neglect of duty" under the doctrine of command responsibility x x x, (Executive Order 226).<sup>5</sup>

The supervisor/commander shall be held responsible not only for the misconduct, abuse of authority, or criminal offenses committed by his subordinates but also for gross inefficiency and vicious or immoral habits of the officers and personnel under him, (NAPOLCOM MC 95-03).<sup>6</sup>

Thus, a supervisor/commander shall ensure to supervise their personnel and be held accountable under the following instances:

- 1) The COPs/SCs/Coy Cmdr PMFs will strictly observe and implement the 2 kilos weight or 10% excess body weight loss per month which ever is favorable for their overweight or obese personnel. The BMI Board will conduct monthly evaluation and quarterly sanction. COPs/SCs/Coy Cmdr PMFs with unsatisfactory compliance will be relieved automatically;
- 2) The PDs/CDs/DDs shall strictly supervise the implementation of the 2 kilos weight or 10% excess body weight loss program which ever is favorable for their overweight or obese personnel. Relief of three COPs/SCs/Coy Cmdr PMFs will cause the relief of the PDs/CDs/DDs. Also upon evaluation, PDs/CDs/DDs with unsatisfactory compliance will be relieved automatically;
- 3) RD, PROs shall strictly supervise the implementation of the 2 kilos weight or 10% excess body weight loss program which ever is favorable for their overweight or obese personnel. Relief of three PDs/CDs/DDs will cause the relief of the RD. Also upon evaluation, RD with unsatisfactory compliance will be relieved automatically;
- 4) SEA OCPNP/ODCA/ODCO/OTCDS. Shall strictly supervise the implementation of the 2 kilos weight or 10% excess body weight loss program which ever is favorable for their overweight or obese personnel. Upon evaluation, SEA with unsatisfactory compliance will be charged for less grave neglect of duty and/or relieved upon approval of the CPNP;
- 5) D, NSUs shall strictly supervise the implementation of the 2 kilos weight or 10% excess body weight loss program which ever is favorable for their overweight or obese personnel. Upon evaluation, Directors with unsatisfactory compliance will be charged for less grave neglect of duty and/or relieved;

DHRDD  
CERTIFIED TRUE COPY  
FROM THE ORIGINAL



ASST. DIR. FOR ADMIN.  
P.O. BOX 110, MALABON CITY  
00000000000000000000

<sup>5</sup> "Institutionalization of the Doctrine of "Command Responsibility" in all Government Offices, Particularly at all Levels of Command in the Philippine National Police and Other Law Enforcement Agencies dated February 17, 1995."

<sup>6</sup> "Institutionalization of the Doctrine of "Command Responsibility" at all Levels of Command in the PNP dated January 12, 1995."

- 6) D, Staff shall strictly supervise the implementation of the 2 kilos weight or 10% excess body weight loss program which ever is favorable for their overweight or obese personnel. Upon evaluation, Directors with unsatisfactory compliance will be charged for less grave neglect of duty and/or relieved upon approval of the CPNP; and
- 7) P-Staff shall strictly supervise the implementation of the 2 kilos weight or 10% excess body weight loss program whichever is favorable for their overweight or obese personnel. Upon evaluation, all Directors or Heads of Offices of P-Staff with unsatisfactory compliance will be charged for less grave neglect of duty and/or relieved.

**8. PENALTY CLAUSE:**

Any PNP personnel who violates or fails to comply with the provisions of this MC shall be held liable for neglect of duty. Those who commit misrepresentations or any fraudulent act in its implementation shall be held liable for dishonesty. Heads of Offices/Unit Commanders are directed to strictly implement this MC. Those who failed to conform, and/or who commit negligence or irregularities in its implementation shall be liable for gross inefficiency/neglect of duty.<sup>7</sup>

**9. REPEALING CLAUSE:**

All previous rules, regulations, and other issuances, or portions thereof, inconsistent with these guidelines are repealed or modified accordingly. Any provisions of this MC, declared unconstitutional shall not affect the other provisions.

**10. EFFECTIVITY:**

This MC shall take effect 15 days from filing a copy thereof at the UP Law Center in consonance with Section 3, Chapter 2, Book VII of Executive Order 292 otherwise known as the "Revised Administrative Code of 1987," as amended.

Distribution:  
 Command Group  
 D-Staff  
 P-Staff  
 D, NSUs  
 RD, PROs  
 Copy Furnished:  
 SPA to SILG

DHRDD  
 CERTIFIED TRUE COPY  
 FROM THE ORIGINAL

*[Signature]*  
 JENI...  
 P...  
 CH...



*[Signature]*  
**ARCHIE FRANCISCO F GAMBOA**  
 Police General  
 Chief, PNP

CPNP Ltrs'20 5081504

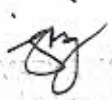


5081504

APR 20 2020

<sup>7</sup> NAPOLCOM MC 2016-002, Revised Rules of Procedure Before the Administrative Disciplinary Authorities and the Internal Affairs Service of the PNP, dated June 15, 2016.

DHRDD  
CERTIFIED TRUE COPY  
FROM THE ORIGINAL

  
JEANNE M. ...  
...  
...



**PNP ALGORITHM FOR HEALTHY  
AND SAFE WEIGHT  
MANAGEMENT PROGRAM**

1.) AFTER THE ADMINISTRATIVE OFFICERS HAVE CLASSIFIED/ IDENTIFIED THE BMI OF THEIR PERSONNEL:

- THOSE WHO BELONG TO GROUPS A, C, D, E and F WITH CO-MORBID CONDITIONS SHALL BE REFERRED TO THE PE SECTION AND PFT CLINIC TO VALIDATE CLASSIFICATION AND PRESCRIBE MANAGEMENT (PRESCRIBED DIETARY RECOMMENDATION, EXERCISE, LIFESTYLE MODIFICATION AND THE NEED TO INITIATE/MONITOR MAINTENANCE MEDICATIONS)
- \*FOR POLICE REGIONAL OFFICE (PROs), THEY WILL BE REFERRED TO THE MEDICAL DISPENSARY SECTION OF REGIONAL HEALTH SERVICE OR BE VISITED BY A MEDICAL TEAM TO UNDERGO VALIDATION OF CLASSIFICATION AND MANAGEMENT.
- FOR PERSONNEL WITH NO CO-MORBID CONDITIONS, THE UNIT WILL TAKE CHARGE OF DISPOSITION.

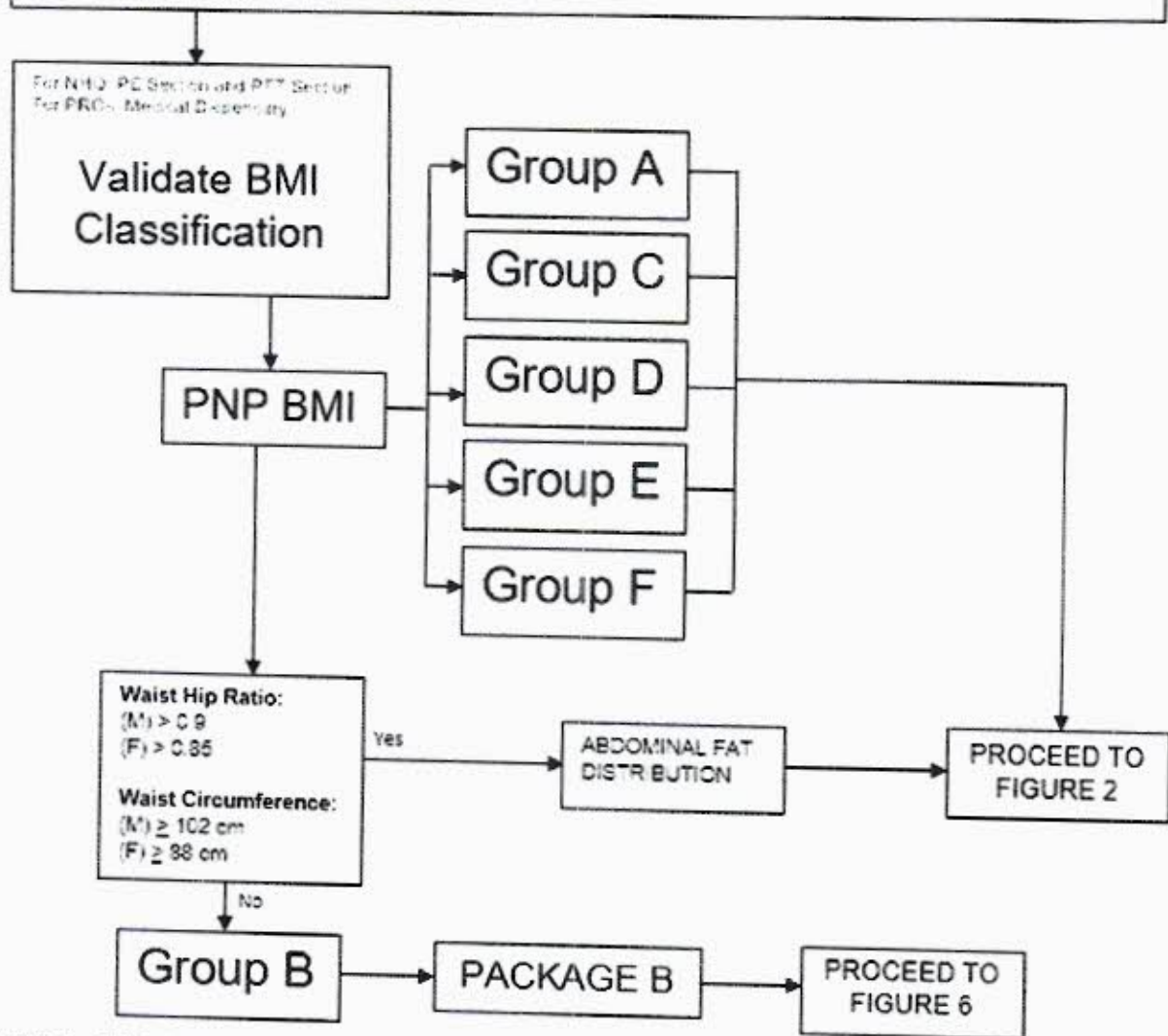


FIGURE 1. CLASSIFICATION OF PNP PERSONNEL ACCORDING TO PNP BMI

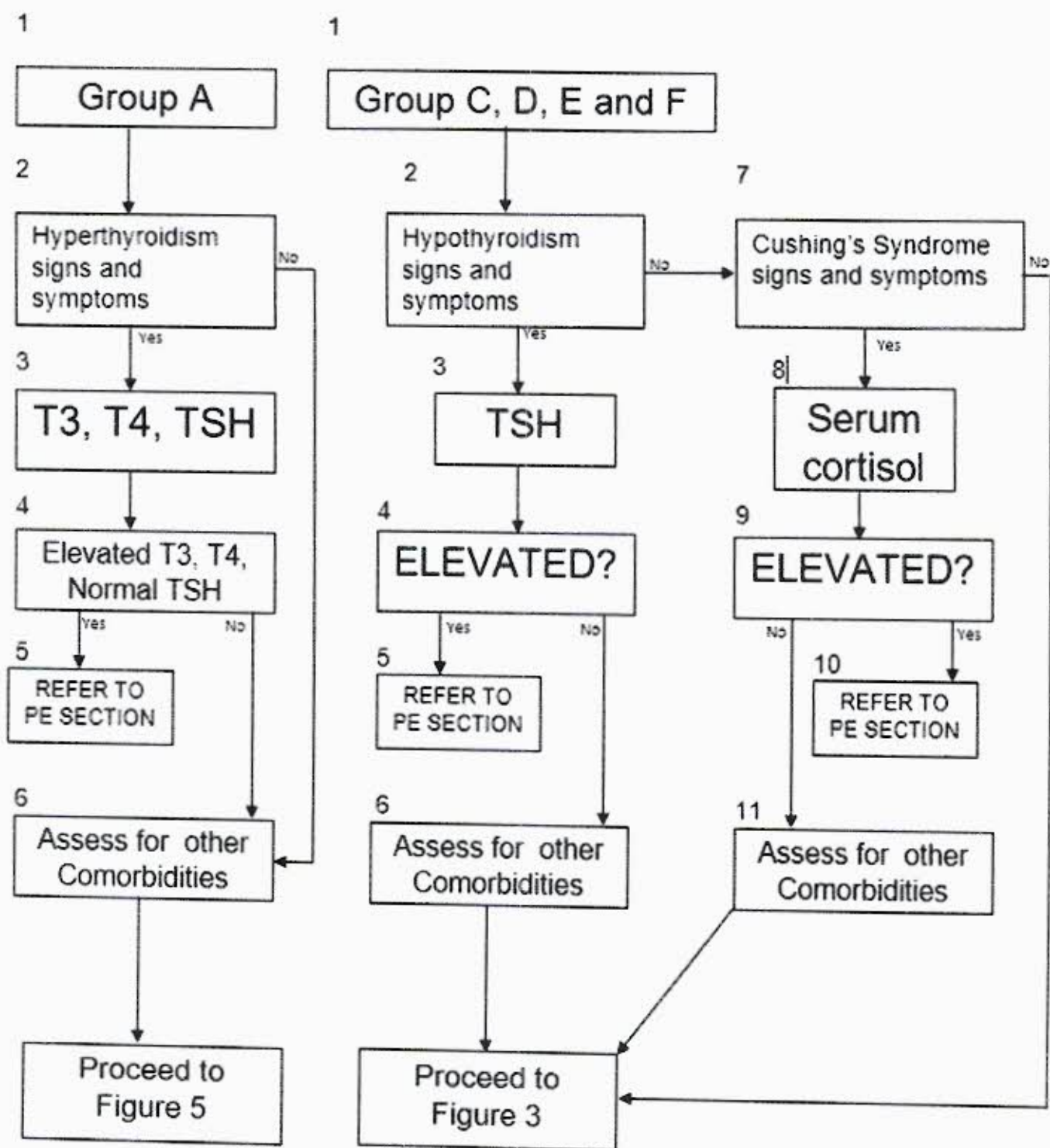


FIGURE 2. PNP PERSONNEL WORK-UP FOR CO-MORBID CONDITIONS

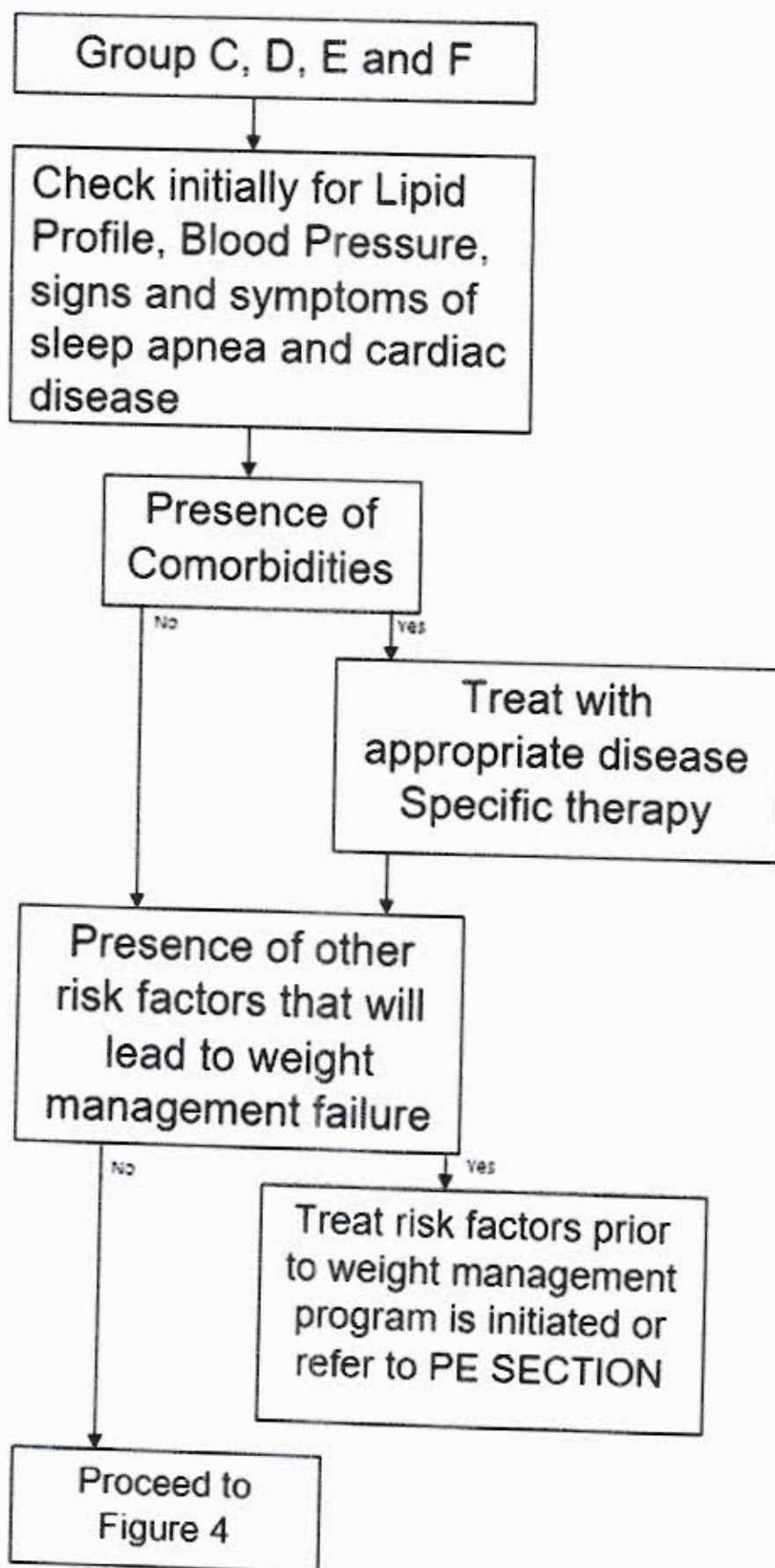


FIGURE 3. EVALUATION OF CO-MORBID CONDITIONS AND RISK FACTORS

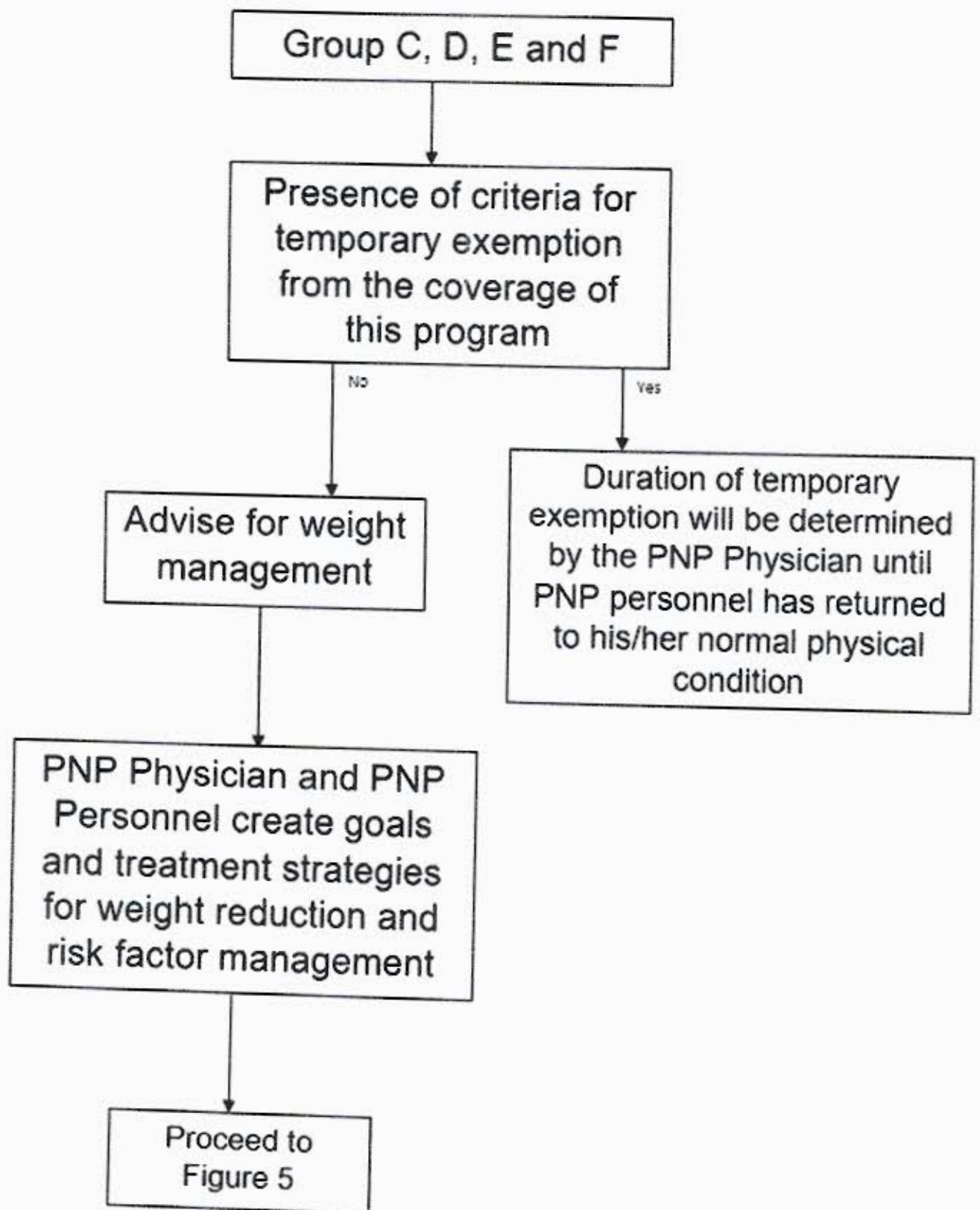


FIGURE 4. PREPARATION TO START THE WEIGHT MANAGEMENT PROGRAM

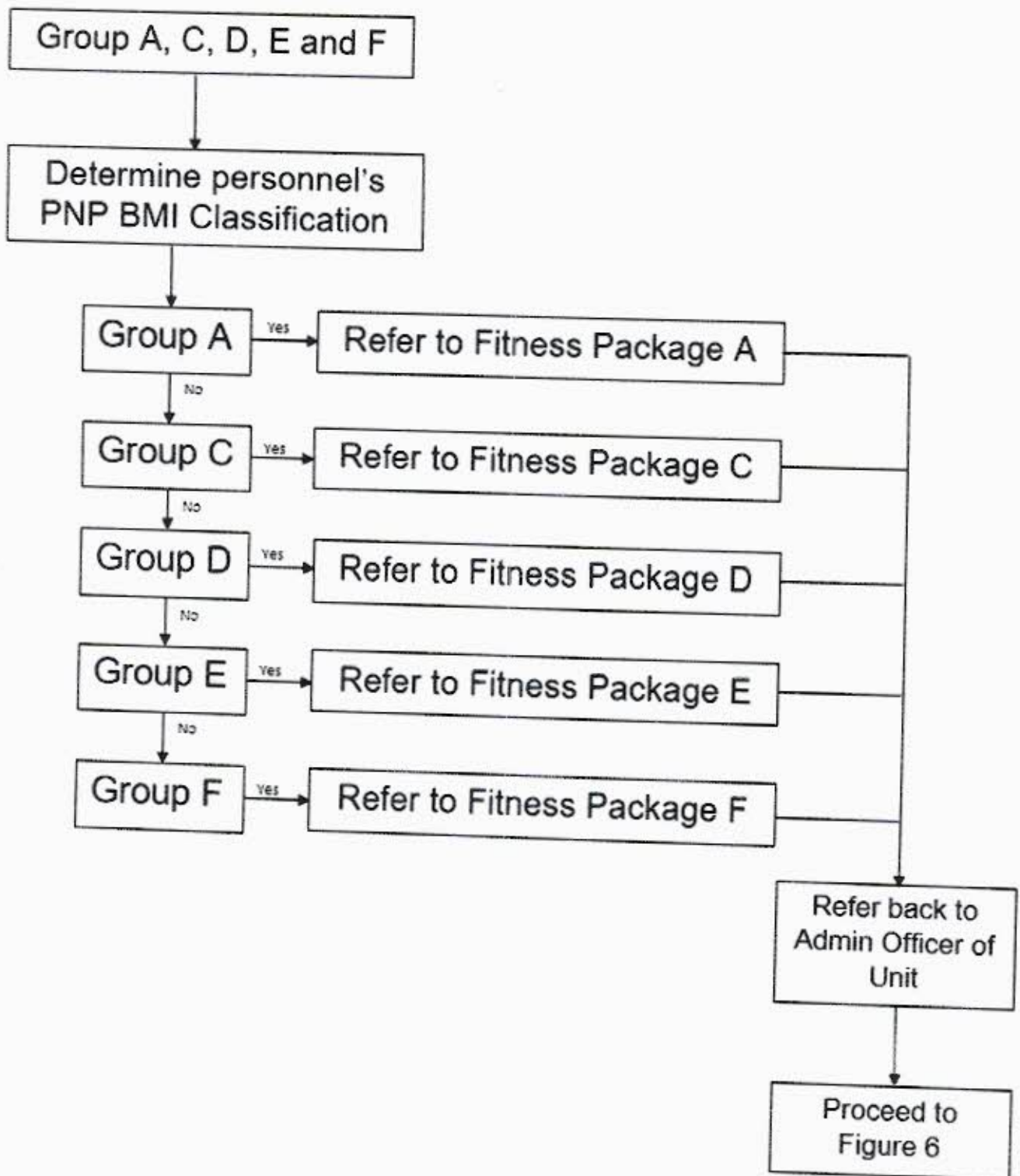


FIGURE 5. TREATMENT ACCORDING TO PNP BMI CLASSIFICATION

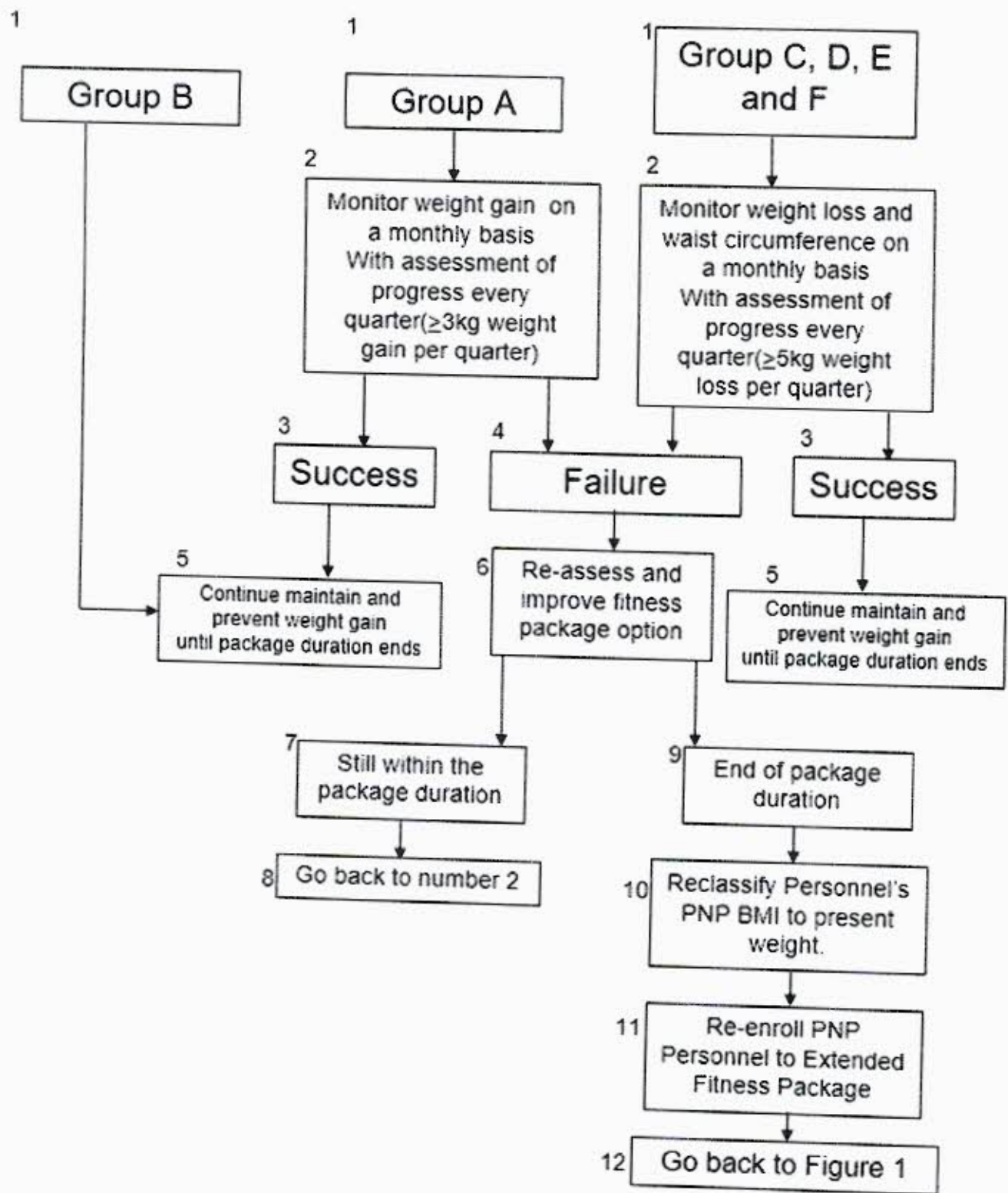


FIGURE 6. MONITORING AND FOLLOW UP

# INDIVIDUAL BMI MONITORING FORM

ANNEX "B"

Rank/Name:			UNIT/OFFICE:		
Age:			Height:		
Weight:			1.65 meters		
Waist:			Hip:		
Wrist:			Gender:		
Date Taken:			Male		
BMI Result:			0		
Normal Weight:			(Refer to PNP BMI Chart)		
Weight to Lose:			(Refer to PNP BMI Chart)		
Intervention Package:			Certified Correct Signature:		
PACKAGE "1"					

MONTHLY WEIGHT MONITORING														
YEAR	2019						2020							
	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
MONTH														
WEIGHT (kg)														

Right View	Front View	Left View
<b>BMI CLASSIFICATION</b>		
PNP BMI Acceptable Standard:	WHO Standard: (Refer to WHO Classification)	





# PNP ACCEPTABLE BMI CLASSIFICATION (PNP-HS RECOMMENDED)

LEGEND	BMI RANGE ACCORDING TO AGE						BMI CLASSIFICATION
	29 y/o & below	30-34 y/o	35-39 y/o	40-44 y/o	45-50 y/o	51 y/o & above	
< 17	< 17	< 17	< 17	< 17	< 17	< 17	SEVERELY UNDERWEIGHT
17-18.4	17-18.4	17-18.4	17-18.4	17-18.4	17-18.4	17-18.4	UNDERWEIGHT
18.5-24.9	18.5-24.9	18.5-24.9	18.5-24.9	18.5-24.9	18.5-24.9	18.5-24.9	NORMAL
24.9	25	25-25.5	25-26	25-26.5	25-27		ACCEPTABLE BMI
25-29.9	25.1-29.9	25.6-29.9	26.1-29.9	26.6-29.9	27.1 - 29.9		OVERWEIGHT
30.0-34.9	30.0-34.9	30.0-34.9	30.0-34.9	30.0-34.9	30.0-34.9	30.0-34.9	OBESE CLASS 1
35-39.9	35-39.9	35-39.9	35-39.9	35-39.9	35-39.9	35-39.9	OBESE CLASS 2
≥ 40	≥ 40	≥ 40	≥ 40	≥ 40	≥ 40	≥ 40	OBESE CLASS 3

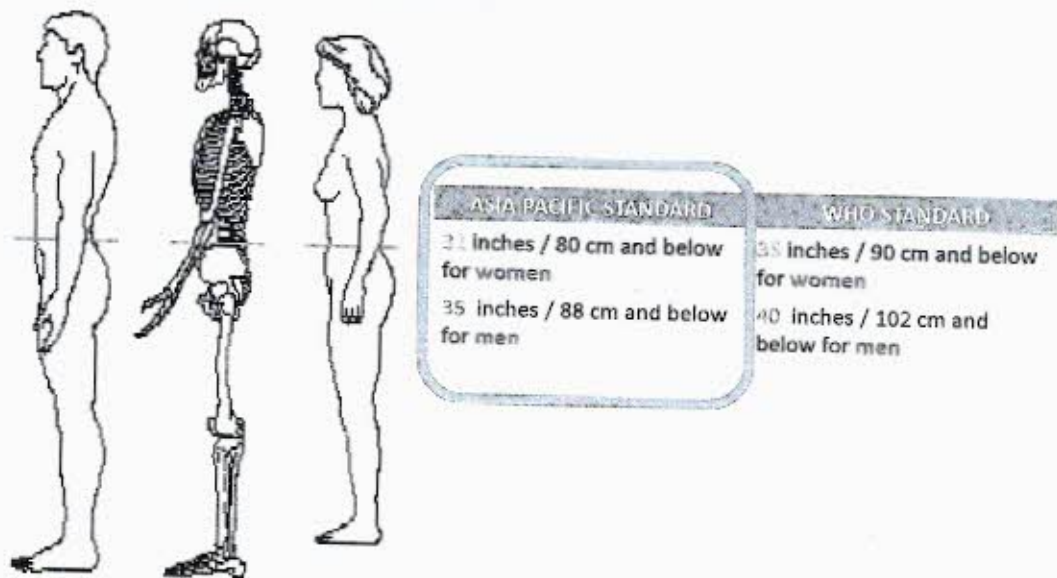
## OTHER ISSUE: OVERWEIGHT

- ❑ “Gamay nga PULIS pero HIMSOG”

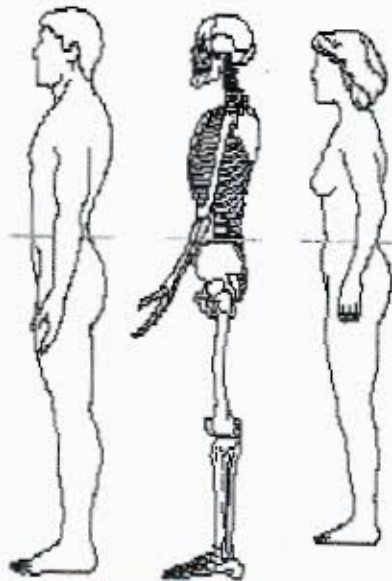
### Validation of physique:

- Waist circumference cut-off
- Large body frame

### Waist Circumference



# Waist Circumference



ASIA PACIFIC STANDARD	WHO STANDARD
31 inches / 78.7 cm and below for WOMEN	35 inches / 90 cm and below for WOMEN
35 inches / 88.9 cm and below for MEN	40 inches / 102 cm and below for MEN

**PNP WAIST CIRCUMFERENCE CUT OFF (CHIEF OF STAFF HEALTH SERVICE RECOMMENDATION)**

**FOR 44 YEARS OLD AND BELOW**

31 inches / 78.7 cm and below for WOMEN

35 inches / 88.9 cm and below for MEN

**FOR 45 YEARS OLD AND ABOVE**

32 inches / 81.3 cm and below for WOMEN

36 inches / 91.4 cm and below for MEN

# Waist Circumference



Hence for **OVERWEIGHT PERSONNEL** with an **ATHLETIC OR MUSCULAR PHYSIQUE** THAT FITS THE WAIST CIRCUMFERENCE CUT OFF with no **bulging abdomen**, they will **CLASSIFIED** as **ACCEPTABLE BY WAIST CIRCUMFERENCE**



ASIA PACIFIC STANDARD	WHO STANDARD
31 inches / 78.7 cm and below for WOMEN	35 inches / 90 cm and below for WOMEN
35 inches / 88.9 cm and below for MEN	40 inches / 102 cm and below for MEN

**PNP WAIST CIRCUMFERENCE CUT OFF (CHIEF OF STAFF HEALTH SERVICE RECOMMENDATION)**

**FOR 44 YEARS OLD AND BELOW**

31 inches / 78.7 cm and below for WOMEN

35 inches / 88.9 cm and below for MEN

**FOR 45 YEARS OLD AND ABOVE**

32 inches / 81.3 cm and below for WOMEN

36 inches / 91.4 cm and below for MEN

## *Body Frame Size*

### Wrist Measurement

Frame size (r values) = Height (cm) + Wrist circumference(cm)

Interpretation	Female	Male
Small frame	>10.9	>10.4
Medium frame	9.9-10.9	9.6-10.4
Large frame	<9.9	<9.6

Your body frame or bone structure can impact your ideal body weight and your total body mass index (BMI).

## *Body Frame Size*

### Wrist Measurement

Frame size (r values) = Height (cm) + Wrist circumference (cm)

Interpretation	Female	Male
Small frame	>10.9	>10.4
Medium frame	9.9-10.9	9.6-10.4
Large frame	<9.9	<9.6

Hence for personnel with an APPARENT LARGE BUILT WITH NO BULGING ABDOMEN THAT CLASSIFIES AS LARGE FRAME - Add 10% from the MEDIAN OF THEIR IDEAL BODY WEIGHT BASED ON PNP ACCEPTABLE BMI

\*if present weight of personnel is within the adjusted IBW he/she will be classified as ACCEPTABLE BY LARGE BODY FRAME SIZE

## SUMMARY OF FITNESS PACKAGES

KEY POINTS	GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F
DIET COUNSELLING	PLEASE REFER TO DIET MEAL PLAN FOR LIGHT ACTIVE LIFESTYLE (2000-2100 Kcal)	PLEASE REFER TO DIET MEAL PLAN FOR LIGHT ACTIVE LIFESTYLE (1600-1900 Kcal)	PLEASE REFER TO DIET MEAL PLAN DEPENDING ON THE LIFESTYLE ACTIVITY	PLEASE REFER TO DIET MEAL PLAN DEPENDING ON THE LIFESTYLE ACTIVITY	PLEASE REFER TO DIET MEAL PLAN DEPENDING ON THE LIFESTYLE ACTIVITY	PLEASE REFER TO DIET MEAL PLAN DEPENDING ON THE LIFESTYLE ACTIVITY
EXERCISE PRESCRIPTION	150 MINS/WEEK	200 MINS/WEEK	250 MINS/WEEK	300 MINS/WEEK	350 MINS/WEEK	400 MINS/WEEK
TYPE OF EXERCISE	COMPOUND EXERCISE	COMPOUND EXERCISE	CIRCUIT TRAINING	CIRCUIT TRAINING	CIRCUIT TRAINING	CIRCUIT TRAINING
LIFESTYLE MODIFICATION	TO BE ADVISED BY PE SECTION	TO BE ADVISED BY PE SECTION	TO BE ADVISED BY PE SECTION	TO BE ADVISED BY PE SECTION	TO BE ADVISED BY PE SECTION	TO BE ADVISED BY PE SECTION
MANDATORY FOLLOW-UP	THOSE WITH CO MORBID CONDITION SHALL APPROPRIATE SPECIALTY REFERRAL	THOSE WITH CO MORBID CONDITION SHALL APPROPRIATE SPECIALTY REFERRAL	THOSE WITH CO MORBID CONDITION SHALL APPROPRIATE SPECIALTY REFERRAL	THOSE WITH CO MORBID CONDITION SHALL APPROPRIATE SPECIALTY REFERRAL	THOSE WITH CO MORBID CONDITION SHALL APPROPRIATE SPECIALTY REFERRAL	THOSE WITH CO MORBID CONDITION SHALL APPROPRIATE SPECIALTY REFERRAL
PHYSICAL ACTIVITIES	REFER TO PACKAGE A	REFER TO PACKAGE B	REFER TO PACKAGE C	REFER TO PACKAGE D	REFER TO PACKAGE E	REFER TO PACKAGE F

# **FITNESS PACKAGES**

# APPENDICES

## APPENDIX A

### PACKAGE A: UNDERWEIGHT PNP PERSONNEL (12 Month Duration)

Diet Counselling

Exercise Prescription: **150** mins/week

Lifestyle Modification

Mandatory Follow-Up

\* Those with co-morbid condition shall appropriate specialty referral

PHYSICAL ACTIVITIES: 150 MINUTES PER WEEK, 3-5 TIMES A WEEK WITH 2 DAYS REST

12-15 MINS OF BRISK WALKING/ JOGGING

Move to ISOMETRIC EXERCISES (WEIGHT TRAINING/BODYWEIGHT TRAINING)

- WEIGHT TRAINING/ WEIGHT LIFTING
  - WEIGHT TRAINING/ WEIGHT LIFTING EXERCISE CAN BE DONE IN A FITNESS GYM AND MAY WE ADD THE NEED FOR CONSULTATION AND GUIDANCE BY A GYM INSTRUCTOR
- BODYWEIGHT TRAINING
  - JUMPING JACKS: 12-15 REPETITIONS; 2-3 SETS; 60-90 SECONDS REST IN BETWEEN SETS
  - WALL SIT: 1 MINUTE DURATION THEN MOVE TO NEXT EXERCISE
  - PUSH UP: 12-15 REPS; 2-3 SETS; 60-90 SECONDS REST IN BETWEEN SETS
  - ABDOMINAL CRUNCHES: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS
  - STEP-UP ONTO CHAIR: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS
  - SQUATS: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS
  - TRICEPS DIPS: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS
  - PLANK: 1 MINUTE DURATION THEN MOVE TO NEXT EXERCISE

- HIGH-STEPPING: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS
- LUNGES: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS
- PUSH-UP AND ROTATION: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS
- SIDE PLANK: 30 SECONDS DURATION EACH SIDE; 2-3 SETS

SPECIAL NOTES:

- THE PULISTENIKS/EQUIVALENT EXERCISE SCHEDULED ON TUESDAYS AND THURSDAYS IS A MANDATORY WARM UP FOR EVERY PACKAGE.



## **PACKAGE B: NORMAL BMI PNP PERSONNEL (3 Month Duration)**

Diet Counselling

Exercise Prescription: **200 mins/week**

Lifestyle Modification

Mandatory Follow-Up

\* Those with co-morbid condition shall appropriate specialty referral

**PHYSICAL ACTIVITIES: 200 MINUTES PER WEEK, 3-5 TIMES A WEEK WITH 2 DAYS REST**

**12-15 MINS OF BRISK WALKING/ JOGGING**

**Move to ISOMETRIC EXERCISES (WEIGHT TRAINING/BODYWEIGHT TRAINING)**

- **WEIGHT TRAINING/ WEIGHT LIFTING**
  - **WEIGHT TRAINING/ WEIGHT LIFTING EXERCISE CAN BE DONE IN A FITNESS GYM AND MAY WE ADD THE NEED FOR CONSULTATION AND GUIDANCE BY A GYM INSTRUCTOR**
- **BODYWEIGHT TRAINING**
  - **JUMPING JACKS: 12-15 REPETITIONS; 2-3 SETS; 60-90 SECONDS REST IN BETWEEN SETS**
  - **WALL SIT: 1 MINUTE DURATION THEN MOVE TO NEXT EXERCISE**
  - **PUSH UP: 12-15 REPS; 2-3 SETS; 60-90 SECONDS REST IN BETWEEN SETS**
  - **ABDOMINAL CRUNCHES: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS**
  - **STEP-UP ONTO CHAIR: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS**
  - **SQUATS: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS**
  - **TRICEPS DIPS: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS**
  - **PLANK: 1 MINUTE DURATION THEN MOVE TO NEXT EXERCISE**
  - **HIGH-STEPPING: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS**
  - **LUNGES: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS**

- PUSH-UP AND ROTATION: 12-15 REPS; 2-3 SETS; 60-90 SECONDS IN BETWEEN SETS
- SIDE PLANK: 30 SECONDS DURATION EACH SIDE; 2-3 SETS

SPECIAL NOTES:

- THE PULISTENIKS/EQUIVALENT EXERCISE SCHEDULED ON TUESDAYS AND THURSDAYS IS A MANDATORY WARM UP FOR EVERY PACKAGE.

## **PACKAGE C: OVERWEIGHT PNP PERSONNEL (6 Month Duration)**

Diet Counselling

Exercise Prescription: **250 mins/week**

Lifestyle Modification

Mandatory Follow-Up

\* Those with co-morbid condition shall appropriate specialty referral

PHYSICAL ACTIVITIES: 250 MINUTES PER WEEK, 4 -5 TIMES A WEEK WITH 2 DAYS REST

12-15 MINS OF BRISK WALKING/ JOGGING

Move to ISOMETRIC EXERCISES (WEIGHT TRAINING/BODYWEIGHT TRAINING)

WEIGHT TRAINING/ WEIGHT LIFTING

- WEIGHT TRAINING/ WEIGHT LIFTING EXERCISE CAN BE DONE IN A FITNESS GYM AND MAY WE ADD THE NEED FOR CONSULTATION AND GUIDANCE BY A GYM INSTRUCTOR
- BODYWEIGHT TRAINING
  - JUMPING JACKS: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - WALL SIT: 1 MINUTE DURATION THEN MOVE TO NEXT EXERCISE
  - PUSH UP: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - ABDOMINAL CRUNCHES: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - STEP-UP ONTO CHAIR: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - SQUATS: 12-15 REPS; 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - TRICEPS DIPS: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE

- PLANK: 1 MINUTE DURATION THEN MOVE TO NEXT EXERCISE
- HIGH-STEPPING: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- LUNGES: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- PUSH-UP AND ROTATION: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- SIDE PLANK: 30 SECONDS DURATION EACH SIDE; 2-3 SETS

SPECIAL NOTES:

- DO ISOMETRIC EXERCISES FOR **THREE** ROUNDS WITH 3-4 MINUTE INTERVAL PER ROUND FOR REST
- THE ACCOMPLISHMENT OF ROUNDS COULD BE DONE IN INCREMENTS WITHIN A **3-4 MONTH PERIOD** AT A RATE OF 1 ROUND/MONTH EXAMPLE: 1<sup>ST</sup> MONTH: 1 ROUND, 2<sup>ND</sup> MONTH: 2 ROUNDS 3<sup>RD</sup> MONTH: 3 ROUNDS...
- THE PULISTENIKS/EQUIVALENT EXERCISE SCHEDULED ON TUESDAYS AND THURSDAYS IS A MANDATORY WARM UP FOR EVERY PACKAGE.

- HIGH-STEPPING: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- LUNGES: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- PUSH-UP AND ROTATION: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- SIDE PLANK: 30 SECONDS DURATION EACH SIDE; 2-3 SETS

SPECIAL NOTES:

- DO ISOMETRIC EXERCISES FOR **FOUR** ROUNDS WITH 3-4 MINUTE INTERVAL PER ROUND FOR REST
- THE ACCOMPLISHMENT OF ROUNDS COULD BE DONE IN INCREMENTS WITHIN A **3-4 MONTH PERIOD** AT A RATE OF 1 ROUND/MONTH EXAMPLE: 1<sup>ST</sup> MONTH: 1 ROUND, 2<sup>ND</sup> MONTH: 2 ROUNDS 3<sup>RD</sup> MONTH: 3 ROUNDS...
- THE PULISTENIKS/EQUIVALENT EXERCISE SCHEDULED ON TUESDAYS AND THURSDAYS IS A MANDATORY WARM UP FOR EVERY PACKAGE.

## **PACKAGE E: OBESE CLASS 2 PNP PERSONNEL (12 Month Duration)**

Diet Counselling

Exercise Prescription: **350** mins/week

Lifestyle Modification

Mandatory Follow-Up

\* Those with co-morbid condition shall appropriate specialty referral

PHYSICAL ACTIVITIES: 4 -5 TIMES A WEEK WITH 2 DAYS REST

12-15 MINS OF BRISK WALKING/ JOGGING

Move to ISOMETRIC EXERCISES (WEIGHT TRAINING/BODYWEIGHT TRAINING)

WEIGHT TRAINING/ WEIGHT LIFTING

- WEIGHT TRAINING/ WEIGHT LIFTING EXERCISE CAN BE DONE IN A FITNESS GYM AND MAY WE ADD THE NEED FOR CONSULTATION AND GUIDANCE BY A GYM INSTRUCTOR
- BODYWEIGHT TRAINING
  - JUMPING JACKS: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - WALL SIT: 1 MINUTE DURATION THEN MOVE TO NEXT EXERCISE
  - PUSH UP: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - ABDOMINAL CRUNCHES: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - STEP-UP ONTO CHAIR: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - SQUATS: 12-15 REPS; 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - TRICEPS DIPS: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - PLANK: 1 MINUTE DURATION THEN MOVE TO NEXT EXERCISE

- HIGH-STEPPING: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- LUNGES: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- PUSH-UP AND ROTATION: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- SIDE PLANK: 30 SECONDS DURATION EACH SIDE; 2-3 SETS

SPECIAL NOTES:

- DO ISOMETRIC EXERCISES FOR **FIVE** ROUNDS WITH 3-4 MINUTE INTERVAL PER ROUND FOR REST
- THE ACCOMPLISHMENT OF ROUNDS COULD BE DONE IN INCREMENTS WITHIN A **5-6 MONTH PERIOD** AT A RATE OF 1 ROUND/MONTH EXAMPLE: 1<sup>ST</sup> MONTH: 1 ROUND, 2<sup>ND</sup> MONTH: 2 ROUNDS 3<sup>RD</sup> MONTH: 3 ROUNDS...
- THE PULISTENIKS/EQUIVALENT EXERCISE SCHEDULED ON TUESDAYS AND THURSDAYS IS A MANDATORY WARM UP FOR EVERY PACKAGE.

## **PACKAGE F: OBESE CLASS 3 PNP PERSONNEL (15 Month Duration)**

Diet Counselling

Exercise Prescription: **400** mins/week

Lifestyle Modification

Mandatory Follow-Up

\* Those with co-morbid condition shall appropriate specialty referral

PHYSICAL ACTIVITIES: 4 -5 TIMES A WEEK WITH 2 DAYS REST

12-15 MINS OF BRISK WALKING/ JOGGING

Move to ISOMETRIC EXERCISES (WEIGHT TRAINING/BODYWEIGHT TRAINING)

WEIGHT TRAINING/ WEIGHT LIFTING

- WEIGHT TRAINING/ WEIGHT LIFTING EXERCISE CAN BE DONE IN A FITNESS GYM AND MAY WE ADD THE NEED FOR CONSULTATION AND GUIDANCE BY A GYM INSTRUCTOR
- BODYWEIGHT TRAINING
  - JUMPING JACKS: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - WALL SIT: 1 MINUTE DURATION THEN MOVE TO NEXT EXERCISE
  - PUSH UP: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - ABDOMINAL CRUNCHES: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - STEP-UP ONTO CHAIR: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - SQUATS: 12-15 REPS; 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - TRICEPS DIPS: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
  - PLANK: 1 MINUTE DURATION THEN MOVE TO NEXT EXERCISE



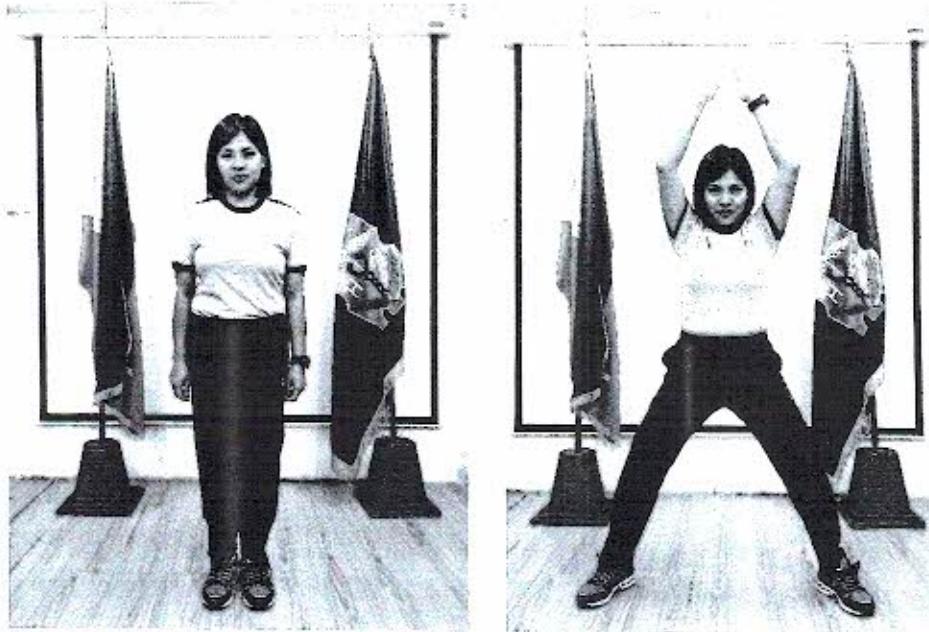
- HIGH-STEPPING: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- LUNGES: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- PUSH-UP AND ROTATION: 1 MINUTE AS MANY REPS AS POSSIBLE or 25 REPS; 20-30 SECONDS REST THEN MOVE TO THE NEXT EXERCISE
- SIDE PLANK: 30 SECONDS DURATION EACH SIDE; 2-3 SETS

SPECIAL NOTES:

- DO ISOMETRIC EXERCISES FOR **SIX** ROUNDS WITH 3-4 MINUTE INTERVAL PER ROUND FOR REST
- THE ACCOMPLISHMENT OF ROUNDS COULD BE DONE IN INCREMENTS WITHIN A **5-6 MONTH PERIOD** AT A RATE OF 1 ROUND/MONTH EXAMPLE: 1<sup>ST</sup> MONTH: 1 ROUND, 2<sup>ND</sup> MONTH: 2 ROUNDS 3<sup>RD</sup> MONTH: 3 ROUNDS...
- THE PULISTENIKS/EQUIVALENT EXERCISE SCHEDULED ON TUESDAYS AND THURSDAYS IS A MANDATORY WARM UP FOR EVERY PACKAGE.

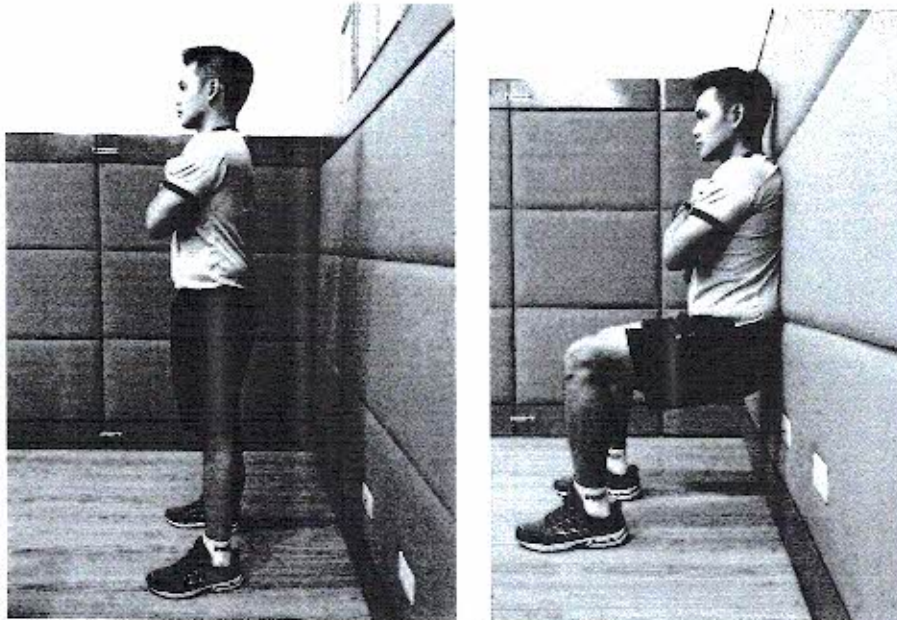
## APPENDIX B

### 1.) JUMPING JACK



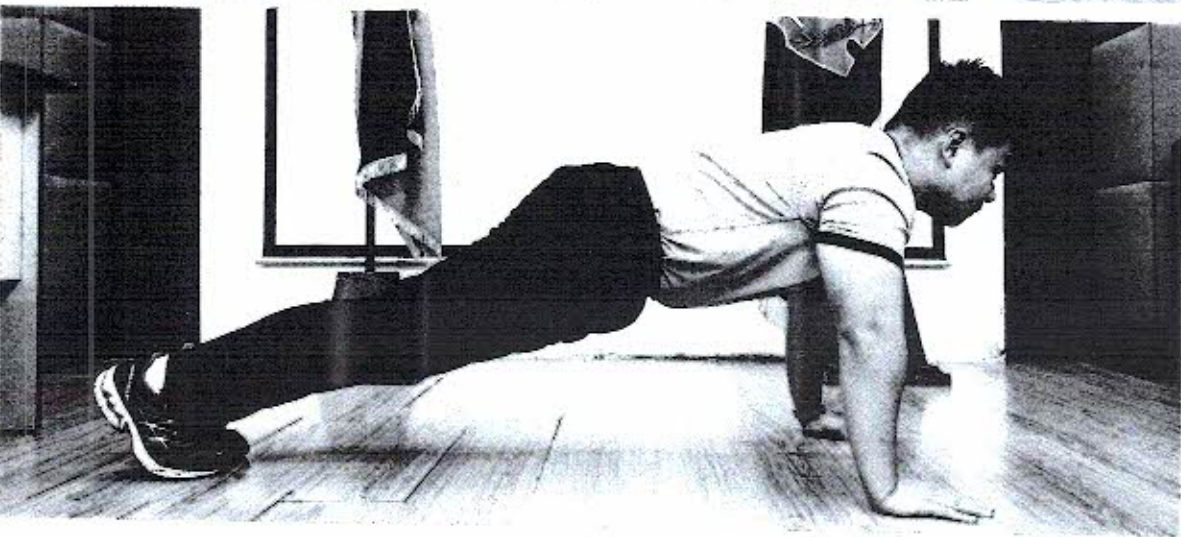
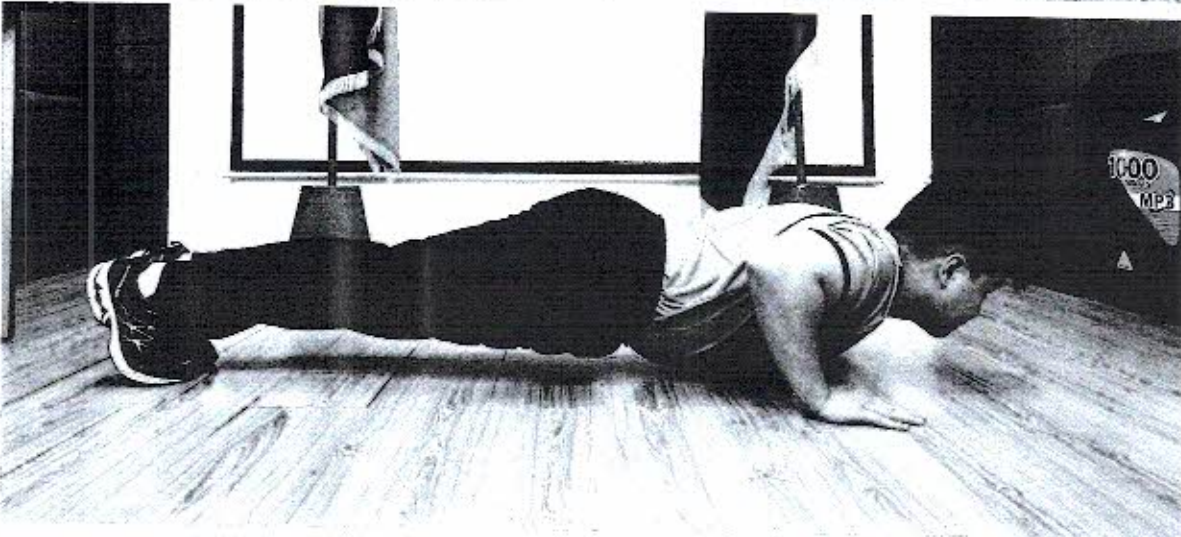
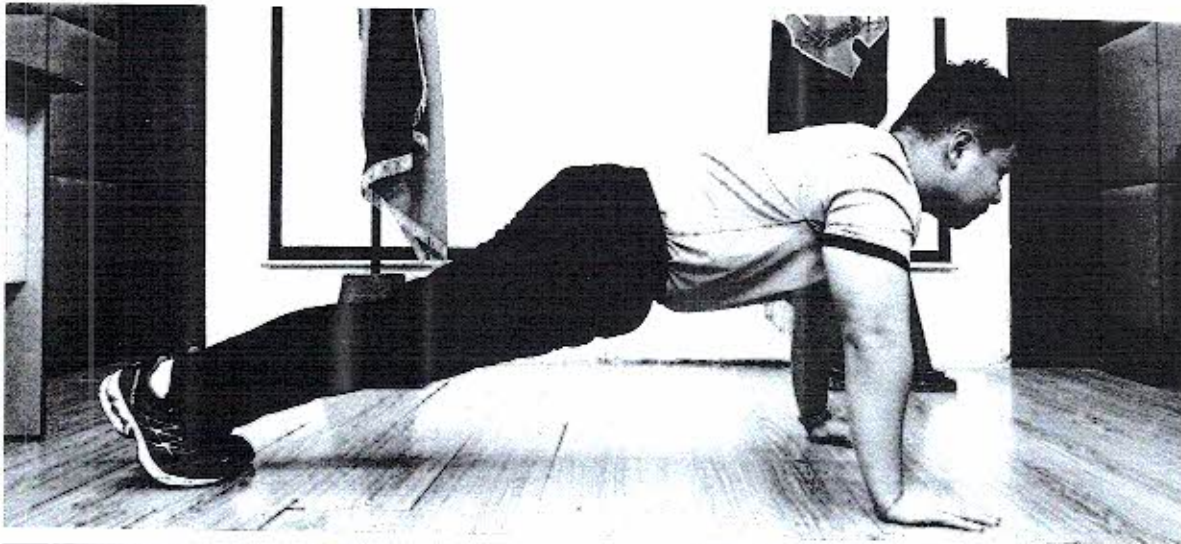
Starting position with feet together and arms by your sides, jump up with feet apart and arms overhead. Then return to starting position. That is counted as one repetition. This exercise covers a full body workout and utilizes all large muscle groups.

### 2.) WALL SIT



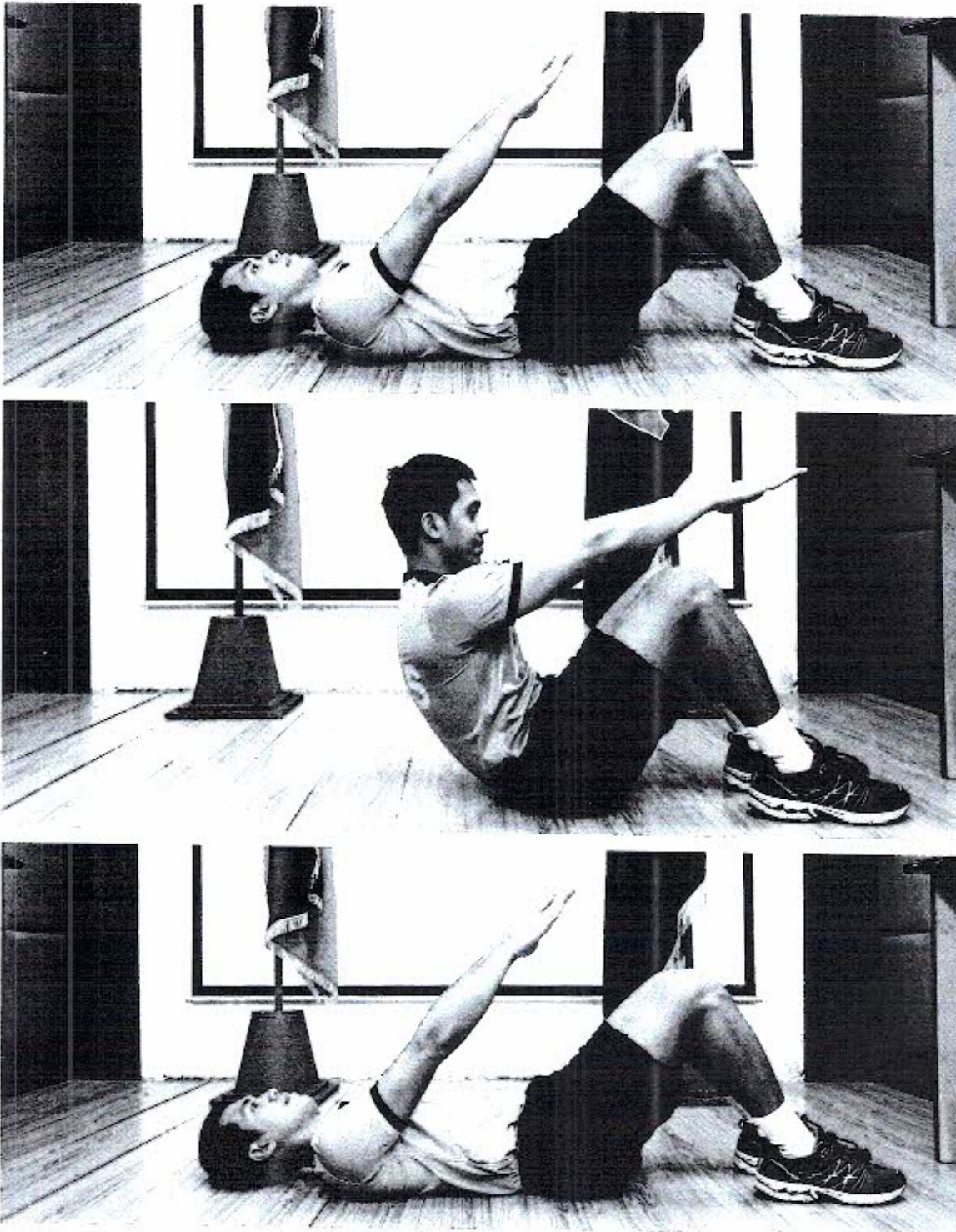
Start with back against a wall then slowly slide down until knees are at a 90 degree angle and thighs are parallel to the floor. Keep back against the wall with arms crossed on the chest not touching the legs. This targets the quadriceps muscles.

### 3.) PUSH-UP



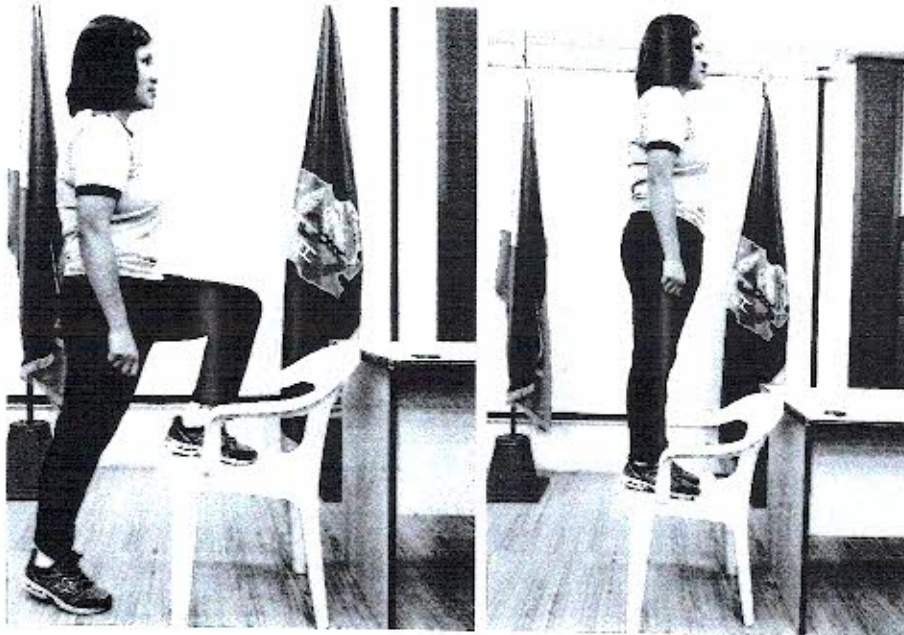
On prone position with arms supporting the body at shoulder width supporting the whole body. Maintain body straight while raising and lowering your body with your arms. This targets your chest, shoulders, triceps, back and legs.

#### 4.) ABDOMINAL CRUNCHES



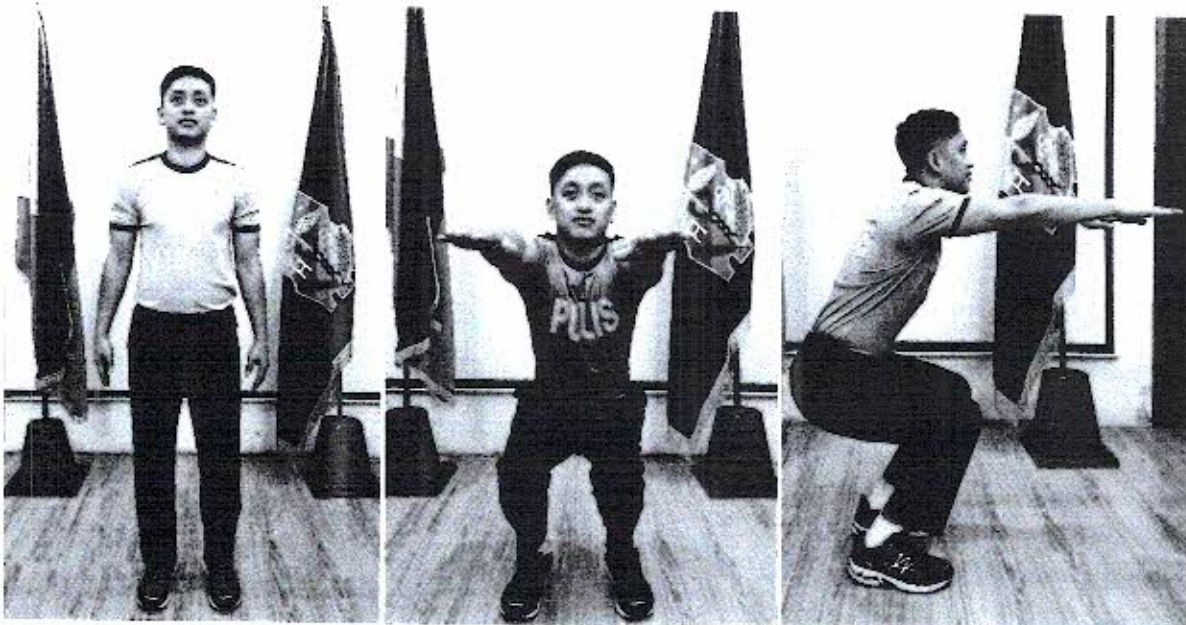
Lie supine with knees bent and arms stretched forward. Lift your upper body off the floor and hold for 2 seconds then slowly return to starting position. This targets the rectus abdominis muscle and obliques.

### 5.) STEP-UP ONTO CHAIR



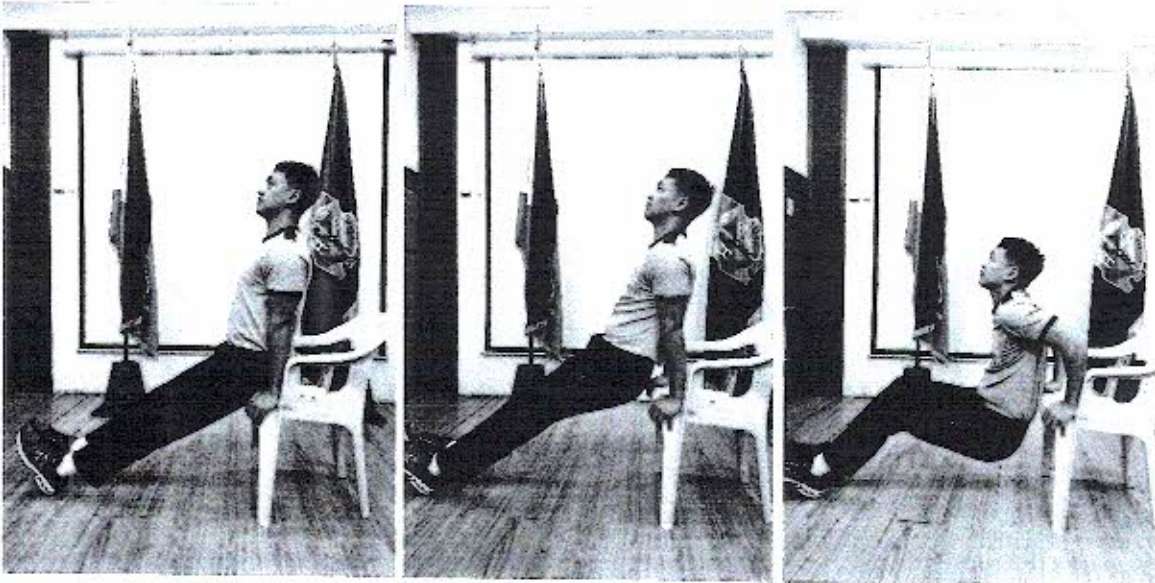
Stand in front of a stable office chair. Step up on the chair and step back down. That counts as one repetition. Then do it on the other leg. This works our legs and buttocks

### 6.) SQUATS



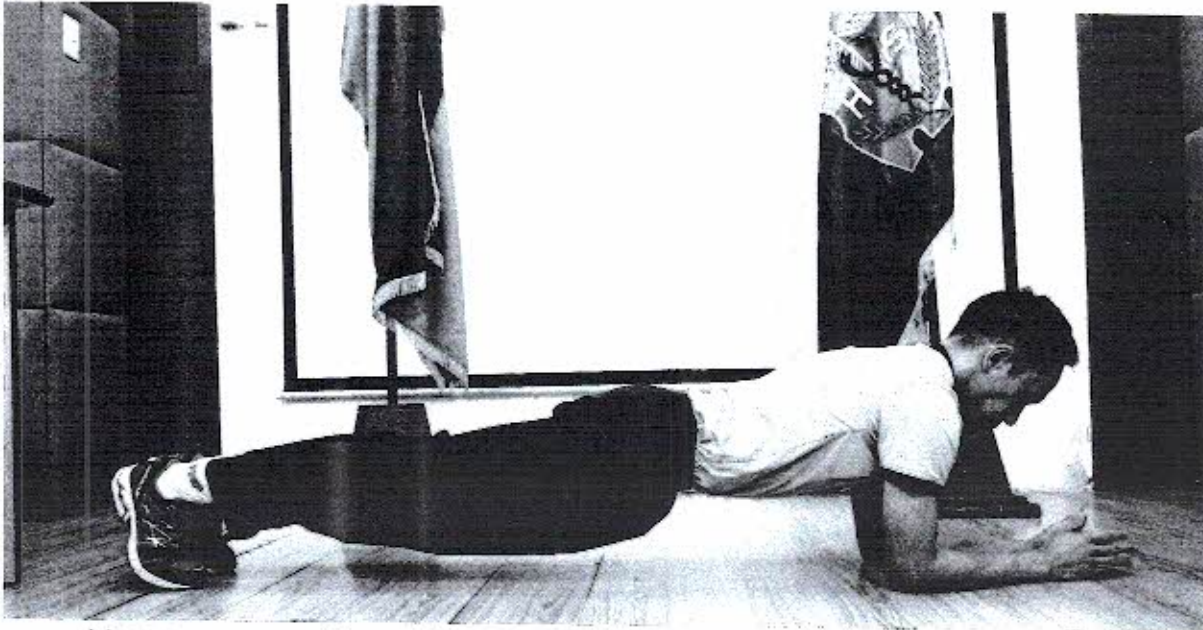
Stand with feet - shoulder width apart and arms stretched forward. Lower your body until your thighs are parallel to the floor. Knees should extend in the same direction as your toes then return to starting position. That counts as one repetition. This works your thighs, hips, buttocks, quads, hamstrings and lower body.

### 7.) TRICEPS DIP



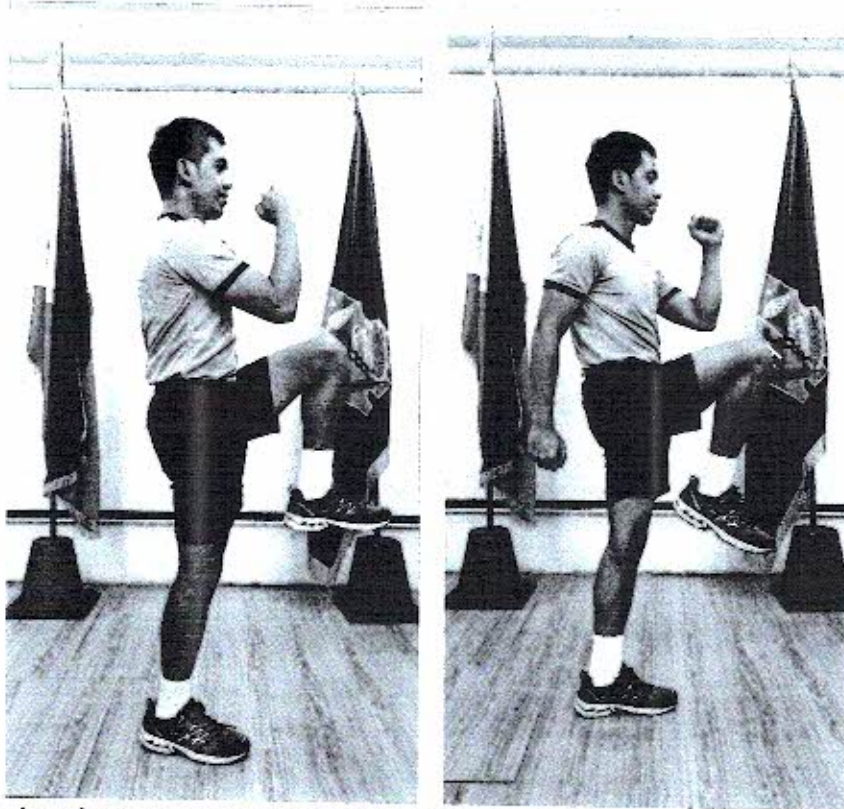
Start by sitting on the chair. Move your hip off the chair with both hands holding onto a stable office chair. Slowly bend and stretch your arms to lower and raise your body. This targets our triceps

#### 8.) PLANK



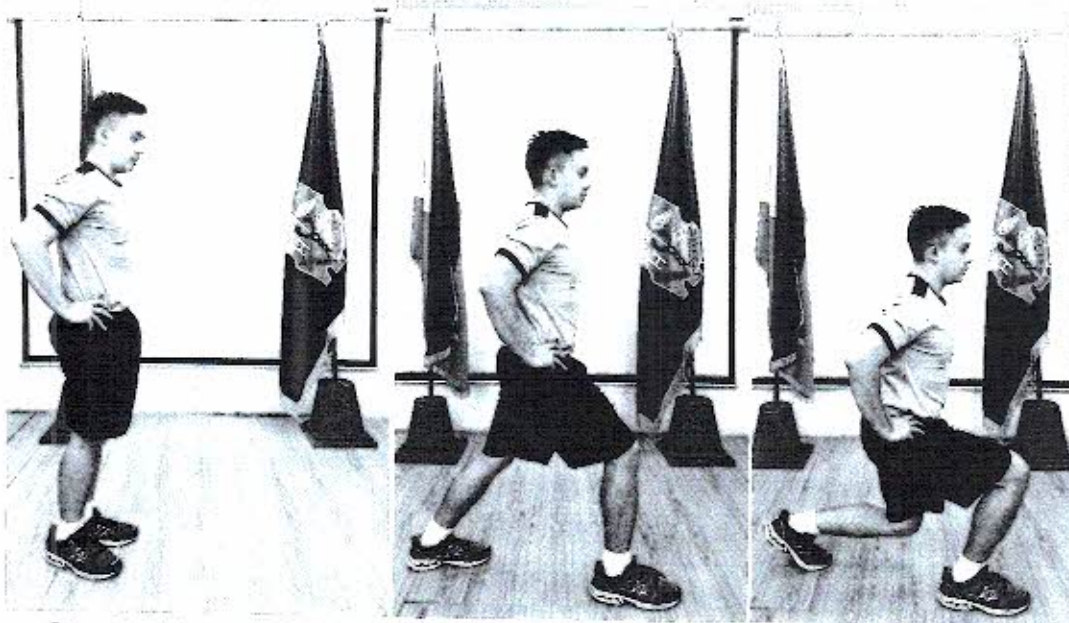
Lie on prone position with toes and forearms on the ground. Keep your body straight and hold this position for 30 seconds to 1 minute. This exercise targets our core, back and shoulders.

## 9.) HIGH STEPPING



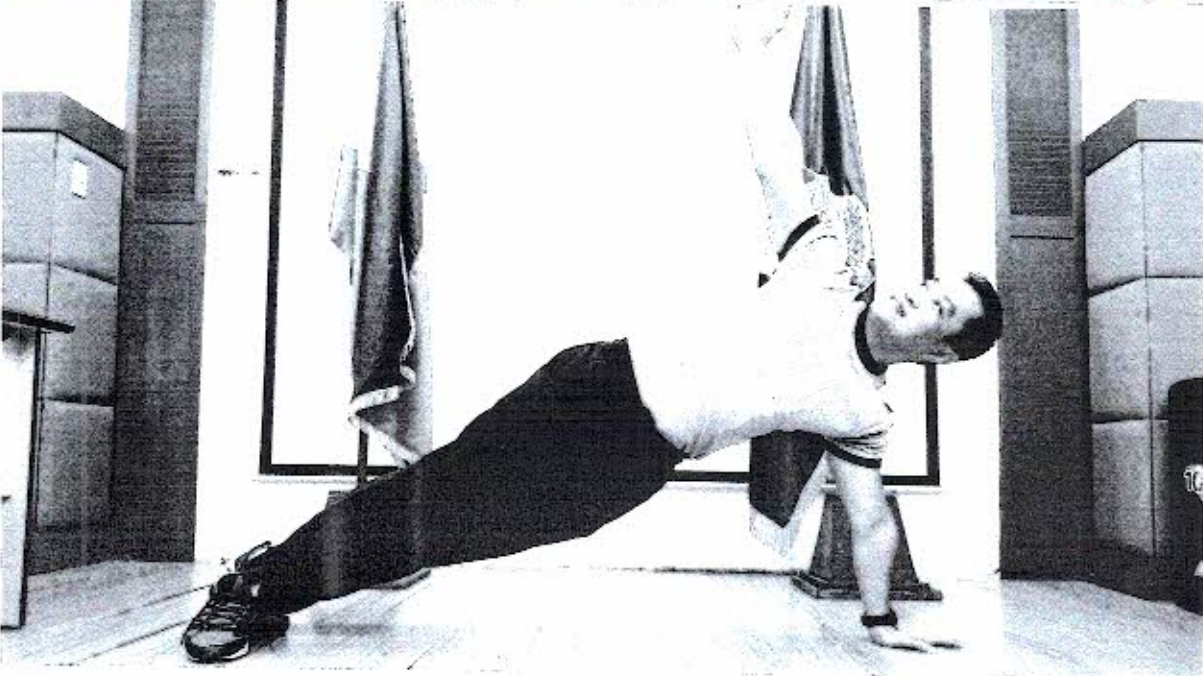
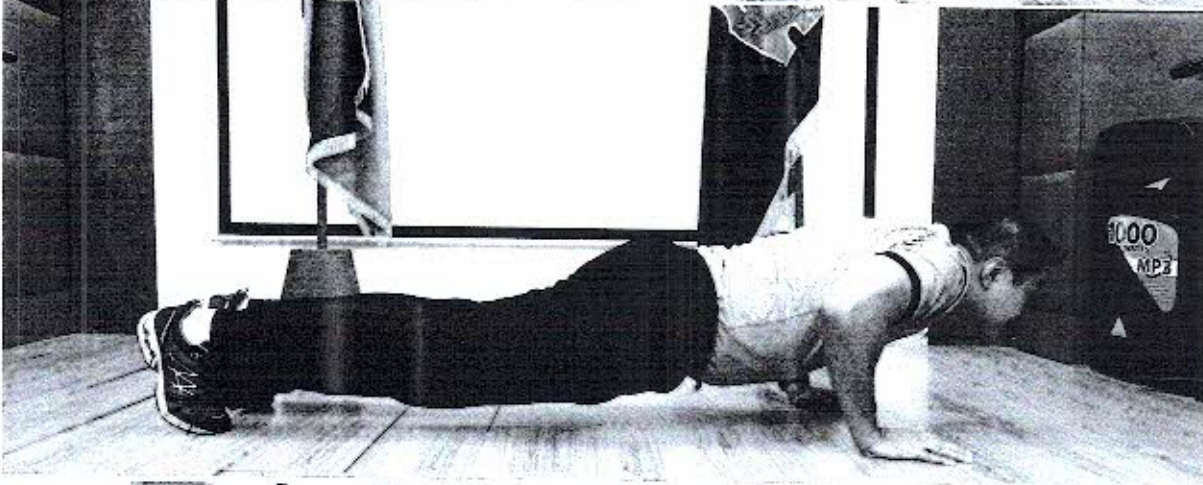
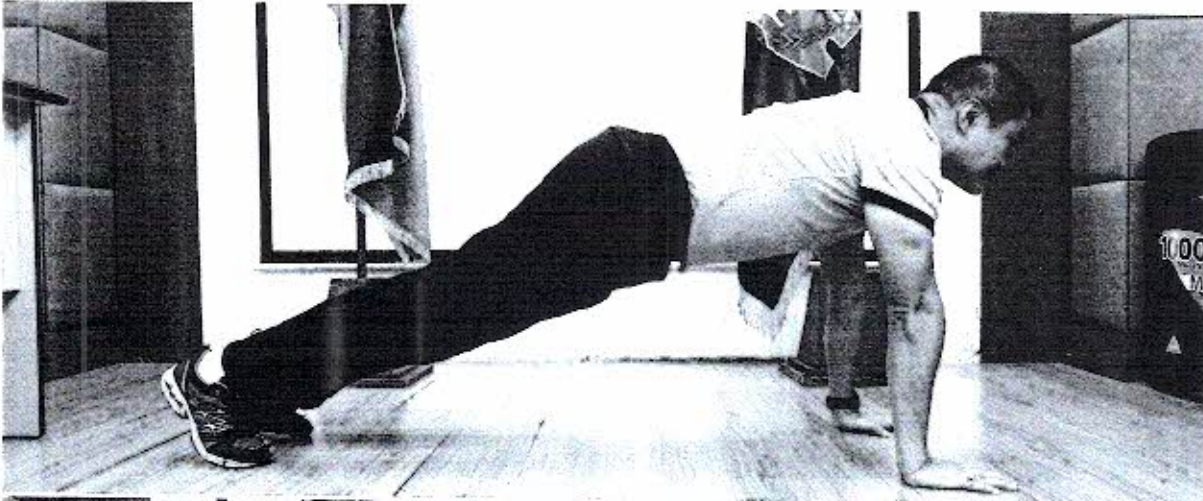
Run in place while raising your knees as high as possible with each step while maintaining your upper body upright throughout the duration of the exercise.

## 10.) LUNGES



Stand with feet at shoulder width apart and hands on hips. Take a step forward with right leg and lower your body until the right thigh is parallel to the floor. Then return to starting position and do the other leg. This targets our quads, buttocks and hamstring

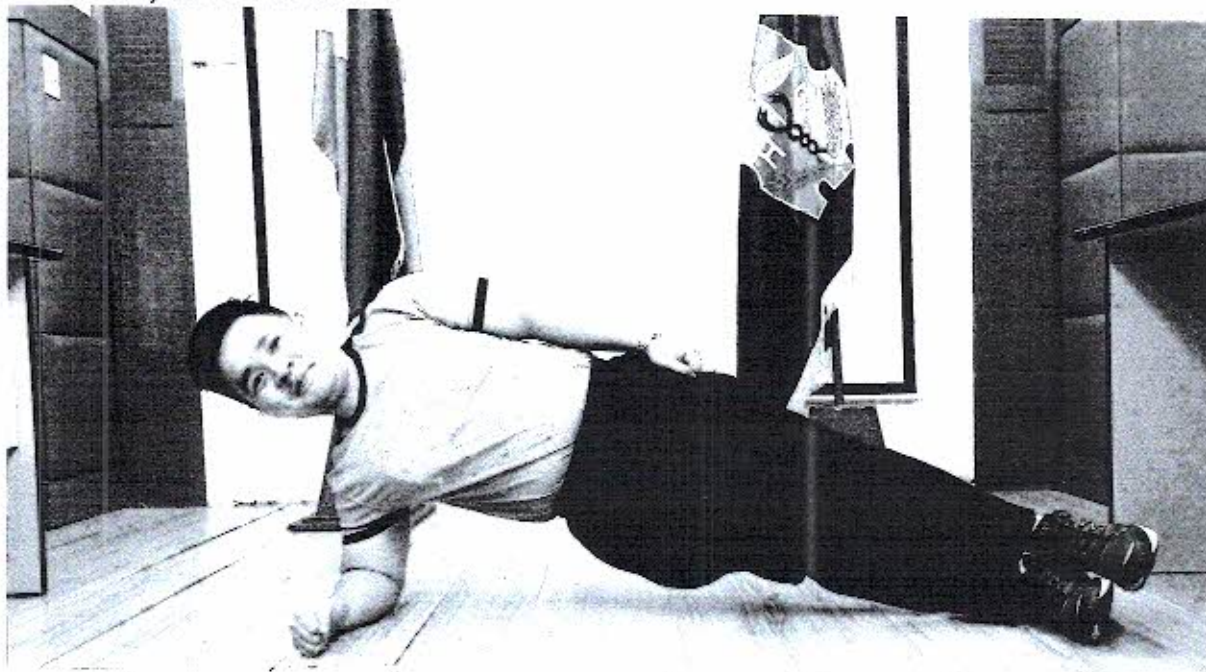
## 11.) PUSH UP ROTATION



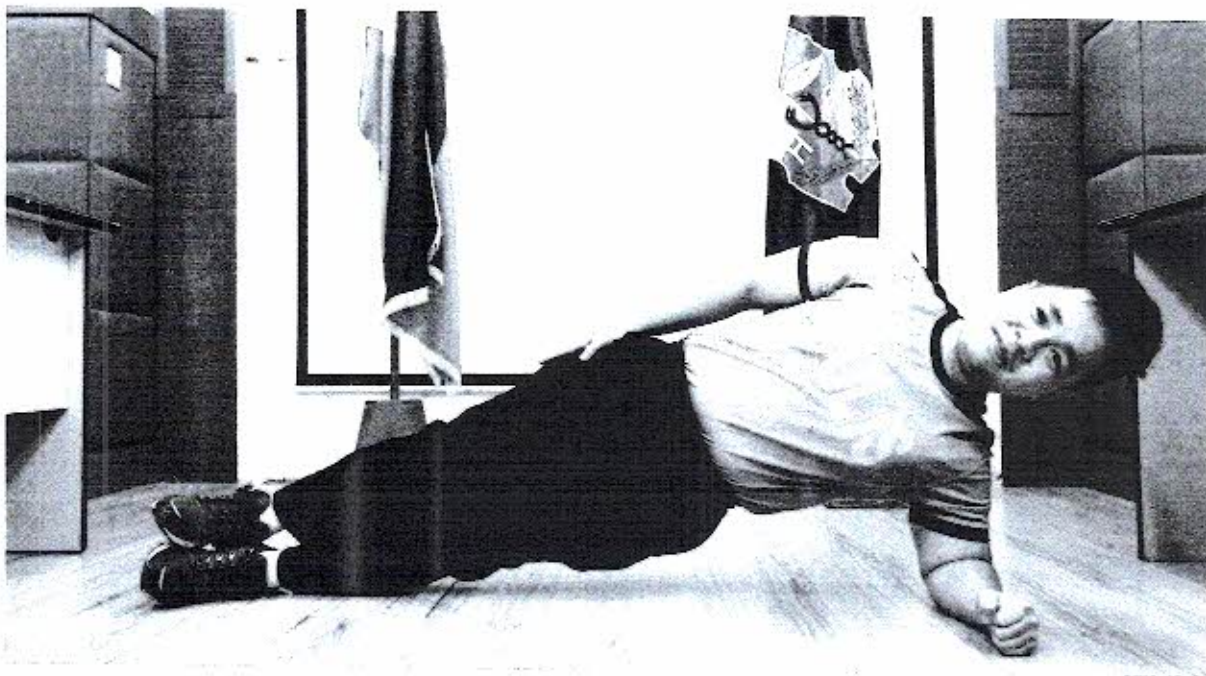
Start in push-up position then lower your body for a push-up. As you move up, rotate your upper body and extend your right arm upwards. Repeat this exercise with the other arm. It targets your chest shoulders, arms and core



## 12.) SIDE PLANK



Lie on your right side with forearm supporting your body. Hold your body in a straight line. This targets the abdominal muscles and obliques.



Lie on your left side with forearm supporting your body. Hold your body in a straight line. This targets the abdominal muscles and obliques.



Republic of the Philippines  
NATIONAL POLICE COMMISSION  
NATIONAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE  
HEALTH SERVICE  
GENERAL HOSPITAL  
DIETARY SECTION  
Camp Crame, Quezon City



# DIET MEAL PLANS



Republic of the Philippines  
 NATIONAL POLICE COMMISSION  
 NATIONAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE  
 HEALTH SERVICE  
 GENERAL HOSPITAL  
 DIETARY SECTION  
 Camp Crame, Quezon City

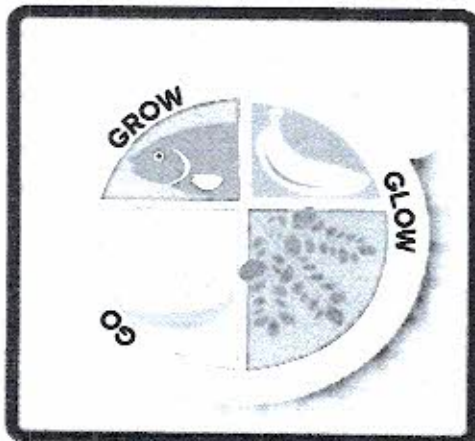


## MEAL PLAN for SEDENTARY LIFESTYLE

### Diet Rx: 1400 kcal/day

BREAKFAST: 498 CALORIES		
FOOD ITEMS:	Number of Servings	Household Measure
Ripe Papaya	1	1 slice (85 grams)
Plain Rice	2	1 cup (160 grams)
Scrambled Eggs	2(Medium Fat)	2 pieces
Tuna	1 ( Low fat)	1/3 cup flaked
Cooking Oil	1	1 teaspoon
AM SNACK:100 CALORIES		
Boiled Corn	1	1 small piece(65 grams)
LUNCH -358 CALORIES		
Chicken Tinola:		
Chicken Meat	2(Low Fat)	2 Matchbox size( 60 grams)
Sayote and Sili Leaves	2	1 cup(90 grams)
Cooking Oil	1	1 tsp, (5 ml)
Boiled Rice	2	1 cup,(160 grams)
Lacatan	1	1 piece (30 grams)
PM. Snack 100 CALORIES		
Crackers	1	3 pieces(35 grams)
DINNER - 344 CALORIES		
Grilled Bangus	2 ( Med. fat)	½ Medium size( 70 grams)
Dinengdeng	2	1 cup(90 grams)
Plain Rice	1	½ cup (120 grams)
Pineapple	1	1 slice Pineapple (75 grams)

**PINGGANG PINOY™**  
 Healthy food plate for Filipino adults



THE SECRET OF YOUR SERVING SIZE IS  
 IN YOUR HAND



A hand fist =  
1 cup



A tennis ball =  
½ cup of fruits  
& cooked vegetables



A handful = 1- 2 oz. snack



A palm/Deck of card =  
3 oz. meat



Thumb tip =  
1 teaspoon



A thumb =  
1 tablespoon



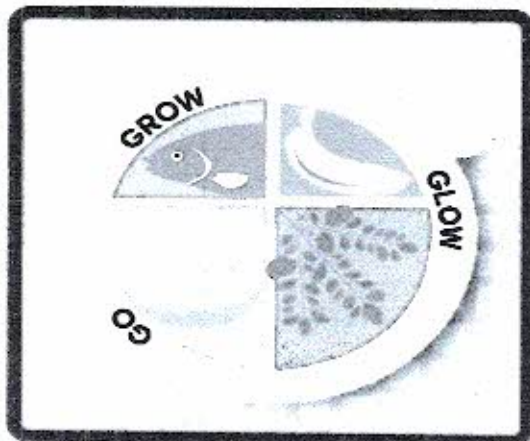
Republic of the Philippines  
 NATIONAL POLICE COMMISSION  
 NATIONAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE  
 HEALTH SERVICE  
 GENERAL HOSPITAL  
 DIETARY SECTION  
 Camp Crame, Quezon City



**MEAL PLAN for SEDENTARY LIFESTYLE**  
**Diet Rx: 1500 kcal/day**

<b>BREAKFAST:</b>		
<b>FOOD ITEMS:</b>	<b>Number of Servings</b>	<b>Household Measure</b>
Ripe Papaya	1	1 slice (85 grams)
Small Pandesal	1	3 pcs, (40 grams)
Cheddar Cheese	2(Medium Fat)	2 slices (70 grams)
Skimmed Milk	1	250 ml, 4 Tbsp. Powder (25grams)
<b>AM SNACK:</b>		
Boiled Corn	1	1 med. size
<b>LUNCH</b>		
Chicken Tinola:		
Chicken Meat	3(Low Fat)	3 Matchbox size( 90 grams)
Sayote and Sili Leaves	2	1 cup(90 grams)
Cooking Oil	2	2 tsp, (10 ml)
Boiled Rice	1/2	1/2 cup,(80 grams)
Lacatan	1	1 piece (30 grams)
<b>PM. Snack</b>		
Crackers	1	3 pieces(35 grams)
<b>DINNER</b>		
Grilled Bangus	2	1/2 Medium size( 70 grams)
Pinakbet	2	1 cup(90 grams)
Cooking oil for sautéing	2	2 tsp. (10 ml)
Plain Rice	1	1/2 cup (80 grams)
Pineapple	1	1 slice Pineapple (75 grams)
<b>Before bedtime Snack:</b>		
Cracker /Bread	1	3 pcs crackers or 2 pcs tasty bread

**PINGGANG PINOY™**  
 Healthy food plate for Filipino adults



THE SECRET OF YOUR SERVING SIZE IS  
 IN YOUR HAND



A hand fist =  
1 cup



A tennis ball =  
1/4 cup of fruits  
& cooked vegetables



A handful = 1- 2 oz. snack



A palm/Deck of card =  
3 oz. meat



Thumb tip =  
1 teaspoon



A thumb =  
1 tablespoon



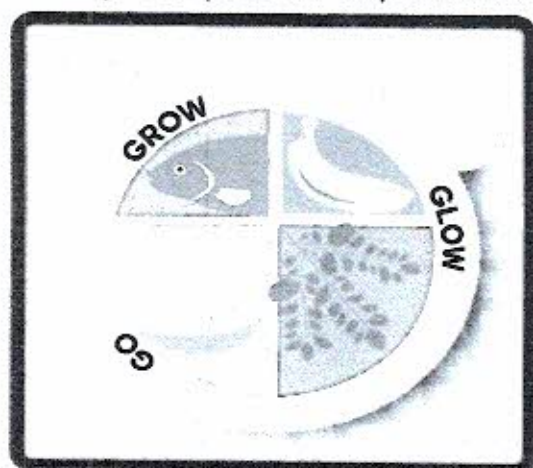
## MEAL PLAN for SEDENTARY LIFESTYLE

### Diet Rx: 1600 kcalorie/day

FOOD ITEMS	Number of Servings	Household Measure
<b>Breakfast :</b>		
Plain Rice	1 ½	¾ cup(120 grams)
Daing na Bangus	2 (medium fat)	½ pc, Fried Daing
Poached Egg	1 (Low fat)	1 pc. (60 grams)
Lakatan	1	1 pc (60 grams)
Skimmed Milk	1	250 ml, 4 Tbsp powder(25 grams)
<b>AM SNACK :</b>		
Boiled Kamote	1 1/2	¾ cup (120 grams)
<b>LUNCH:</b>		
Chicken Piniyahan Chicken meat Vegetables (carrots,potaoes,pineapple)	3 ( medium fat)	3 match box size, (90 grams)
Cooking oil	2	1 cup (90 grams)
Plain Rice	1	1 tsp.(5 ml)
Ripe Pineapple	1	½ cup, (120 grams)
	1	1 slice(75 grams)
<b>PM SNACK :</b>		
Boiled Corn	1	1 Medium size
<b>DINNER:</b>		
Bangus Sinigang 2 Medium size Fish 1 cup vegetables	2 (medium fat)	2 slices ( 70 grams)
Brown Rice	2	1 cup (90 grams)
Papaya	1	½ cup (80 grams)
	1	1 slice (30 grams)

## PINGGANG PINOY™

Healthy food plate for Filipino adults



## THE SECRET OF YOUR SERVING SIZE IS IN YOUR HAND



A hand fist =  
1 cup



A tennis ball =  
½ cup of fruits  
& cooked vegetables



A handful = 1- 2 oz. snack



A palm/Deck of card =  
3 oz. meat



Thumb tip =  
1 teaspoon



A thumb =  
1 tablespoon



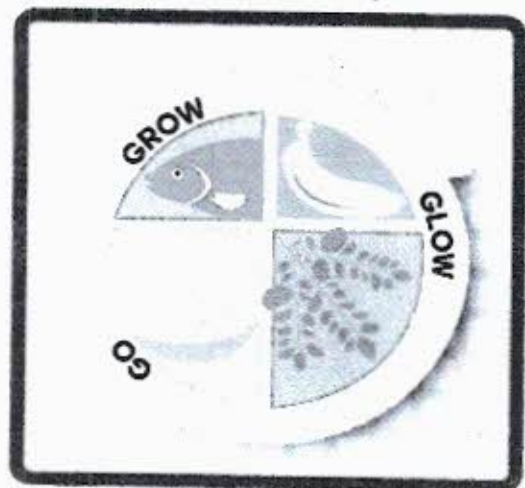
Republic of the Philippines  
 NATIONAL POLICE COMMISSION  
 NATIONAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE  
 HEALTH SERVICE  
 GENERAL HOSPITAL  
 DIETARY SECTION  
 Camp Crame, Quezon City



**MEAL PLAN for SEDENTARY LIFESTYLE**  
**Diet Rx: 1700 kcalorie/day**

FOOD ITEMS	Number of Servings	Household Measure
<b>Breakfast : 492 CALORIES</b>		
Watermelon	1	1 slice ( 140 grams)
Boiled Sausage	2 (Medium fat)	6 pieces ( 110 grams),small sizes
Pandesal	2	6 pieces (240 grams),small
Non fat milk	1	4 Table spoons, powder ( 25 grams)
<b>AM SNACK : 286 CALORIES</b>		
Chicken Sandwich:		
Chicken breast	1	¼ piece (30 grams)
Mayonnaise	1	1 tsp. (5grams)
Wheat bread	1 ½	3 slices ( 135 grams)
<b>LUNCH: 338 CALORIES</b>		
Grilled Chicken	2	2 small legs ( 60 grams)
Cucumber tomato salad	2	2 cups (1 60 grams)
Boiled Rice	2	1 cup (160 grams)
Orange	1	1 medium size(80 grams)
<b>PM SNACK : 100 Calories</b>		
Boiled Corn	1	1 piece (12x4cm) 65 grams
<b>DINNER: 489 CALORIES</b>		
Breaded Pork chop	1 (Medium fat)	1 palm size (90 grams)
Stir fried Togue with tokwa	2	1 cup Togue ( 90 grams)
Tokwa	1(Medium fat)	1 piece ( 60 grams)
Cooking oil for frying	3	3 tsp ( 15 grams)
Pineapple	1	1 slice (75 grams)

**PINGGANG PINOY™**  
 Healthy food plate for Filipino adults



THE SECRET OF YOUR SERVING SIZE IS  
 IN YOUR HAND



A hand fist =  
1 cup



A tennis ball =  
¼ cup of fruits  
& cooked vegetables



A handful = 1- 2 oz. snack



A palm/Deck of card =  
3 oz. meat



Thumb tip =  
1 teaspoon



A thumb =  
1 tablespoon



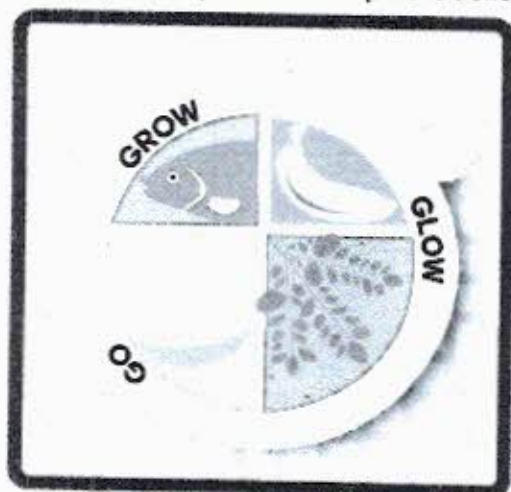
Republic of the Philippines  
 NATIONAL POLICE COMMISSION  
 NATIONAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE  
 HEALTH SERVICE  
 GENERAL HOSPITAL  
 DIETARY SECTION  
 Camp Crame, Quezon City



**MEAL PLAN for LIGHT ACTIVE LIFESTYLE**  
**Diet Rx: 1800 Kcalorie/day**

FOOD ITEMS	Number of Servings	Household Measure
<b>Breakfast : 506 CALORIES</b>		
Plain Rice	2	1 cup, (140 grams)
Fried Daing na Bangus	3 (Medium Fat)	½ pc Medium size (90 grams)
Slice Tomatoes	½	½ cup(25 grams)
Ripe Mango	1	1 slice (60 grams)
Black coffee without sugar	Free Food	200 ml, 1 cup
<b>AM SNACK : 225 CALORIES</b>		
Monggo Bread	1	1 slice(40 grams)
Skimmed Milk	1	1 glass 250 ml(25grams powder)
<b>LUNCH: 546CALORIES</b>		
Pork Sinigang	3 (Medium fat)	3 MBS (90 grams), palm size
Pork meat		
Vegetables (kangkong, sitaw, talong)		
Plain Brown Rice	2	1 cup(160 grams)
Melon	1	1 slice (200 grams)
<b>PM SNACK : 145 Calories</b>		
2 slices Wheat Bread	1	2 slices(123 grams)
2 tsp Peanut Butter	1	2 tsp (10 grams)
<b>DINNER: 411 CALORIES</b>		
Grilled Tilapya	3	1 palm size(90 grams)
Denengdeng	3	1 ½ cups(135 grams)
Brown Rice	2	1 cup(160 grams)
Pear	1	1 medium pear(85rgams)

**PINGGANG PINOY™**  
 Healthy food plate for Filipino adults



THE SECRET OF YOUR SERVING SIZE IS  
 IN YOUR HAND



A hand fist =  
1 cup



A tennis ball =  
½ cup of fruits  
& cooked vegetables



A handful = 1- 2 oz. snack



A palm/Deck of card =  
3 oz. meat



Thumb tip =  
1 teaspoon



A thumb =  
1 tablespoon



Republic of the Philippines  
 NATIONAL POLICE COMMISSION  
 NATIONAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE  
 HEALTH SERVICE  
 GENERAL HOSPITAL  
 DIETARY SECTION  
 Camp Crame, Quezon City



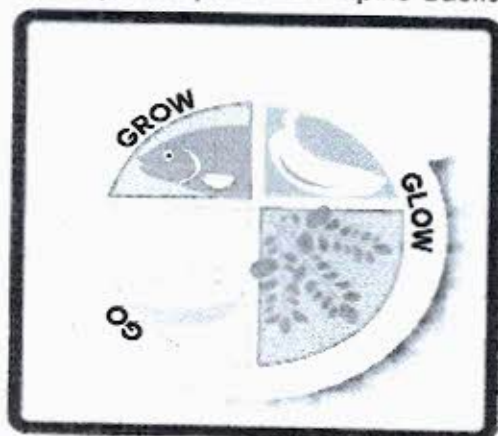
## MEAL PLAN for LIGHT ACTIVE LIFESTYLE

Diet Rx: 1900 Kcalories/day

FOOD ITEMS	Number of Servings	Household Measure
<b>Breakfast : 608 CALORIES</b>		
Ripe Papaya	1	1 slice (85 grams)
Fried Tinapa	2(Low fat)	2 pieces (70 grams)
Tomatoes and Cucumber		½ cup (40 grams)
Cooking oil	2	2 tsp ( 10 grams)
Boiled Rice	3	1 ½ cups (200grams)
Non-fat Milk	1	4 Tbsp.(25 grams)
<b>AM SNACK : 331 CALORIES</b>		
Arrozcaldo	2	2 cups (500 grams)
Chicken Wings	2 (Medium fat)	2 pieces ( 50 grams)
Cooking oil	1	1 tsp (5 grams)
<b>LUNCH: 388 CALORIES</b>		
Pork Nilaga		
Lean Pork	2 (Low fat meat)	2 matchbox size (60 grams)
Pechay Tagalog/Baguio beans	2	1 cup ( 90 grams)
Potatoes		¼ cup ( 40 grams)
Boiled Rice	2	1 cup ( 160 grams)
Melon	1	1 slice (200 grams)
<b>PM SNACK : 281 Calories</b>		
Egg Sandwich		
Boiled Egg	1 (Low fat)	1 piece ( 60 grams)
Mayonnaise	1	1 tsp. (5 grams)
Tasty Bread	1 1/2	3 slices (120 grams)
<b>DINNER: 317 CALORIES</b>		
Steamed Fish Fillet	1 (low fat)	1 palm size ( 90 grams)
Buttered Vegetables(carrots,turnips)	2	1 cup ( 80 grams)
Butter	1	1 tsp. ( 5 grams)
Boiled Rice	2	1 cup (160 grams)
Apple	1	1 piece (65 grams)

### PINGGANG PINOY™

Healthy food plate for Filipino adults



THE SECRET OF YOUR SERVING SIZE IS IN YOUR HAND



A hand fist = 1 cup



A tennis ball = ½ cup of fruits & cooked vegetables



A handful = 1-2 oz. snack



A palm/Deck of card = 3 oz. meat



Thumb tip = 1 teaspoon



A thumb = 1 tablespoon





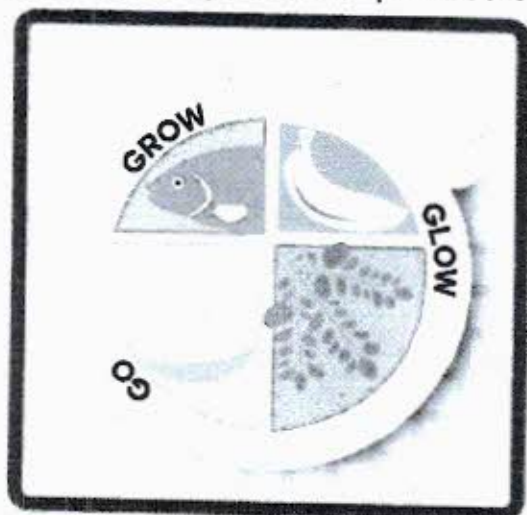
Republic of the Philippines  
 NATIONAL POLICE COMMISSION  
 NATIONAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE  
 HEALTH SERVICE  
 GENERAL HOSPITAL  
 DIETARY SECTION  
 Camp Crame, Quezon City



**MEAL PLAN for LIGHT ACTIVE LIFESTYLE**  
**Diet Rx: 2000 kcalorie/day**

FOOD ITEMS	Number of Servings	Household Measure
<b>Breakfast : 584 CALORIES</b>		
Small Pandesal	2	6 pcs (80 grams)
Scrambled Eggs with Cheese and Tomatoes	2 (low fat meat) 1 (Medium fat Meat)	2 large eggs (120 grams) 1 slice Cheese (30 grams)
Papaya	1	1 slice (30 grams)
Low Fat Milk	1	1 glass (250ml)
<b>AM SNACK : 225 CALORIES</b>		
Monggo Bread	1	1 slice (40 grams)
Black Coffee without sugar	Free food	1 cup, 200 ml
<b>LUNCH: 601 CALORIES</b>		
Beef Pochero		
Beef meat	3 (Low fat )	3 matchbox size (90 grams)
Vegetables (cabbage, Baguio beans, carrots)	3	1 ½ cups (135 grams)
Plain Brown Rice	3	1 1/2 cup (240 grams)
Water Melon	1	1 slice (140 grams)
<b>PM SNACK : 126 Calories</b>		
3 pcs Crakers	1	(25 grams)
<b>DINNER: 501 CALORIES</b>		
Chicken Adobo		
Chicken Meat	3 (low fat)	3 Matchbox size (90 grams)
Buttered Veggies	3	1 ½ cups (135 grams)
Butter	2	2 tsp. Butter (10 grams)
Brown Rice	2	1 cup (160 grams)
Ripe Manggo	1	1 slice (60 grams)

**PINGGANG PINOY™**  
 Healthy food plate for Filipino adults



THE SECRET OF YOUR SERVING SIZE IS  
 IN YOUR HAND



A hand fist =  
1 cup



A tennis ball =  
½ cup of fruits  
& cooked vegetables



A handful = 1-2 oz. snack



A palm/Deck of card =  
3 oz. meat



Thumb tip =  
1 teaspoon



A thumb =  
1 tablespoon



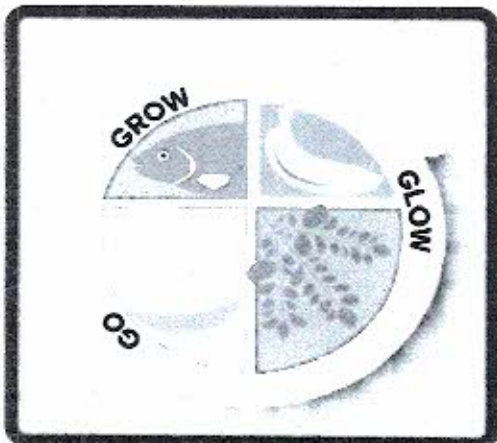
Republic of the Philippines  
 NATIONAL POLICE COMMISSION  
 NATIONAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE  
 HEALTH SERVICE  
 GENERAL HOSPITAL  
 DIETARY SECTION  
 Camp Crame, Quezon City



**MEAL PLAN for LIGHT ACTIVE LIFESTYLE**  
**Diet Rx: 2100 kcalorie/day**

FOOD ITEMS	Number of Servings	Household Measure
<b>Breakfast : 565 CALORIES</b>		
Ripe Papaya	1	1 slice (85g)
Fried Tinapa	2 ( low fat)	2 pieces, medium size(70g)
Cooking oil	2	2 tsp(10ml)
Tomatoes and Cucumber	2	½ cup (12.5g)
Boiled Rice	1	1 cup (160g)
Non-fat Milk		4 level Tablespoons (30g)
<b>AM SNACK : 326 CALORIES</b>		
Arrozcaldo	1	1 cup(250g)
Chicken Breast	1 (lean meat)	¼ breast (30g)
Cooking oil for sauteeing	1	1 tsp (5ml)
<b>LUNCH: 440 CALORIES</b>		
Pork Nilaga	1 (lean Meat)	1 slice pork lomo (30 g)
Peachay Tagalog/Baguio beans& potatoes	2	1 cup (90g)
Boiled Rice	½	½ cup (82.5g)
Melon	2	1 cup ( 160g)
	1	1 slice ( 140g)
<b>PM SNACK : 317 Calories</b>		
Egg Sandwich		
Boiled Eggs	2(low fat)	2 pieces (120g)
Mayonnaise	1	1 tsp (5ml)
Sliced bread	1	2 slices, regular size ( 40g)
<b>DINNER: 412 CALORIES</b>		
Roast Beef		
Lean Beef	2	2 matchbox sizes (60g)
Vegetable Strips(Carrots & Turnips)	1	1 cup ( 90g)
sautéed in butter	1	1 tsp (5 g)
Boiled Rice	2	1 cup (160g)
Lakatan	1	1 piecs (40 g)

**PINGGANG PINOY™**  
 Healthy food plate for Filipino adults



**THE SECRET OF YOUR SERVING SIZE IS IN YOUR HAND**



A hand fist = 1 cup



A tennis ball = ½ cup of fruits & cooked vegetables



A handful = 1- 2 oz. snack



A palm/Deck of card = 3 oz. meat



Thumb tip = 1 teaspoon



A thumb = 1 tablespoon



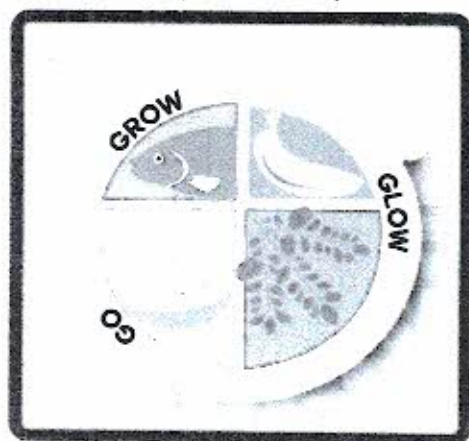
Republic of the Philippines  
 NATIONAL POLICE COMMISSION  
 NATIONAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE  
 HEALTH SERVICE  
 GENERAL HOSPITAL  
 DIETARY SECTION  
 Camp Crame, Quezon City



**MEAL PLAN for MODERATE ACTIVE LIFESTYLE**  
**Diet Rx: 2200 kcalorie/day**

<b>BREAKFAST: CALORIES</b>		
<b>FOOD ITEMS: 718 calories</b>	<b>Number of Servings</b>	<b>Household Measure</b>
Ripe Papaya	1	1 slice (85 grams)
Small Pandesal	3	9 pcs, (120 grams)
Ube Haleya	2	2 teaspoons (20g)
Cheddar Cheese	3(Medium Fat)	3 slices (105 grams)
Skimmed Milk	1	250 ml, 4 Tbsp. Powder (25grams)
<b>AM SNACK: 80 CALORIES</b>		
Boiled Saba	2	2 (80 grams)
<b>LUNCH – 553 CALORIES</b>		
Chicken Tinola:		
Chicken Meat	3(Low Fat)	3 Matchbox size( 90 grams),palm size
Sayote and Sili Leaves	3	1 ½ cups (90 grams)
Cooking Oil	1	1 tsp, (5 ml)
Boiled Rice	3	1 ½ cups,(120 grams)
Lacatan	1	1 piece (30 grams)
<b>PM. Snack 331 CALORIES</b>		
Pancit Gisado	2	2 cups (150 g)
with pork strips	1 (medium fat)	1 Matchbox size ( 30g)
cooking oil for Sautéing	1	1 tsp (5ml)
<b>DINNER – 511 CALORIES</b>		
Grilled Tilapya	3	1 Medium size( 105 grams),palm size
Pinakbet	3	1 ½ cups(135 grams)
Cooking oil for sautéing	1	1 tsp. (5 ml)
Plain Rice	2	1cup (160 grams)
Pineapple	1	1 slice Pineapple (75 grams)

**PINGGANG PINOY**  
 Healthy food plate for Filipino adults



THE SECRET OF YOUR SERVING SIZE IS  
 IN YOUR HAND



A hand fist = 1 cup



A tennis ball = ½ cup of fruits & cooked vegetables



A handful = 1- 2 oz. snack



A palm/Deck of card = 3 oz. meat



Thumb tip = 1 teaspoon



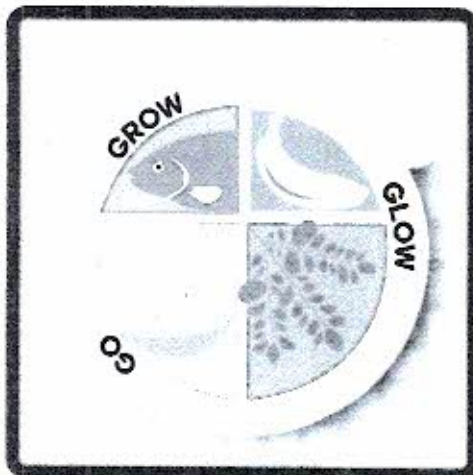
A thumb = 1 tablespoon



**MEAL PLAN for MODERATE ACTIVE LIFESTYLE**  
**Diet Rx: 2300 kcalorie/day**

FOOD ITEMS	Number of Servings	Household Measure
<b>Breakfast : 678 CALORIES</b>		
Plain Rice	3	1 ½ cups(240 grams)
Chicken Pork Tocino	2 (Medium fat)	2 slices (90 grams)
Poached Egg	1 (Low fat)	1 pc. (60 grams)
Lakatan	1	1 pc (60 grams)
Skimmed Milk	1	250 ml, 4 Tbsp powder(25 grams)
<b>AM SNACK : 182 CALORIES</b>		
Kamote Cue	1	4 slices (55 grams)
Rambutan	1	8 pcs ( 50g)
Hard Candy	1	1 piece mint flavor
<b>LUNCH: 691 CALORIES</b>		
Chicken Piniyahan	3 ( Medium fat)	3 Match box sizes, (90 grams),
Chicken meat		
Vegetables (carrots,potatoes,pineapple)	3	1 1/2 cups (135 grams)
Cooking oil	1	1 tsp.(5 ml)
Plain Rice	3	1 ½ cups, (240 grams)
Ripe Pineapple	1	1 slice(75 grams)
<b>PM SNACK : 194 CALORIES</b>		
1 cup Oatmeal ,instant oatmeal	1	1 sachet (33 grams)
With 1 tsp sugar	1	1 tsp ( 5ml)
Fuji apple	2	1 piece (130g)
<b>DINNER: 527 CALORIES</b>		
Bangus Sinigang	3 (low fat)	3 slices ( 105 grams)
Medium size Bangus		
With vegetables	4	2 cups (180 grams)
Brown Rice	3	1 ½ cups (160 grams)
Papaya	1	1 slice (30 grams)

**PINGGANG PINOY™**  
 Healthy food plate for Filipino adults



THE SECRET OF YOUR SERVING SIZE IS  
 IN YOUR HAND



A hand fist = 1 cup



A tennis ball = ½ cup of fruits & cooked vegetables



A handful = 1-2 oz. snack



A palm/Deck of card = 3 oz. meat



Thumb tip = 1 teaspoon



A thumb = 1 tablespoon

OFFICE FORM 2(B)

OFFICE/UNIT	STF
<b>TOTAL</b>	

OFFICE FORM 1(BY RANK)

RANK	STRENGTH	WITH BMI	BMI CATEGORY						
			UNDERWEIGHT	NORMAL	OVERWEIGHT	OBESE 1	OBESE 2	OBESE 3	
PMGEN									
PBGEN									
PCOL									
PLTCOL									
PMAJ									
PCPT									
PLT									
PEMS									
PCMS									
PSMS									
PMSg	110	110	5	50	20	15	10	0	0
PSSg									
PCpl									
Pat									
<b>TOTAL</b>									



