

REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF THE INTERIOR AND LOCAL GOVERNMENT
A. Francisco Gold Condominium II, EDSA cor. Mapagmahal St.,
Diliman, Quezon City

November 13, 2009

MEMORANDUM CIRCULAR NO: 2009-177

TO : ALL PROVINCIAL GOVERNORS, CITY MAYORS,
MUNICIPAL MAYORS, PUNONG BARANGAYS, DILG
REGIONAL DIRECTORS AND OTHERS CONCERNED

SUBJECT : PERFECT 10 HEALTHY LIFESTYLE

In support of Presidential Proclamation No. 958 declaring the years 2005 to 2015 as the Decade of Healthy Lifestyle, the JP2 Movement for Community Development Inc. in partnership with the CBCP-Episcopal Commission on Health Care is advocating a Perfect 10 Healthy Lifestyle to prevent the four deadly non-communicable diseases caused by unhealthy lifestyle: cardiovascular diseases, cancers, chronic obstructive pulmonary diseases and diabetes.

In view of this, all local chief executives are hereby urged to support JP2 Movement's advocacy campaign by encouraging their respective constituents to adopt the following simple steps to a Perfect 10 Health Lifestyle: 1) Eat a variety of nutritious foods everyday, with less salt, sugar and fats. 2) Drink 8 to 10 glasses of water everyday. 3) Sleep and rest for 7 to 9 hours every night. 4) Breathe clean air. No to smoking and illegal drugs. 5) Exercise everyday and get enough sunlight. Be physically active and maintain normal weight. 6) Manage stress, relax and pray. 7) Maintain personal hygiene and good grooming. 8) Keep a clean household, Practice waste management. 9) Consult a physician. Go for a yearly healthy check-up. 10) Be a role model. Give good examples. Take care of your family and friends.

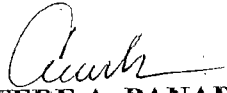
Likewise, all concerned DILG regional directors and field officers are hereby directed to assist the group during the launching of the Hawak-Kamay Perfect 10 Healthy Lifestyle Educational Caravan in the following areas:

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|-------------------|---|------------------------------|-----------------|
| 1. Northern Luzon | - | Archdioceses of San Fernando | (Nov. 21, 2009) |
| 2. Southern Luzon | - | Archdiocese of Lipa | (Nov. 28, 2009) |
| 3. Mindanao | - | Archdiocese of Davao | (Dec. 5, 2009) |
| 4. Visayas | - | Archdiocese of Cebu | (Dec. 10, 2009) |
| 5. NCR | - | Archdiocese of Manila | (Dec. 15, 2009) |

Moreover, DILG regional directors and field officers are also directed to cause the widest dissemination of this Circular to all concerned local governments within their regional assignments, and to monitor local government compliance with this directive.

For compliance.

By Authority of the Secretary:


AUSTERE A. PANADERO
Undersecretary for Local Government