

# HEALTH & WELLNESS PROGRAM for a productive workforce



NPC' s Physical Fitness, Sports & Recreation (PFSR) activities are geared towards adoption of active and healthy lifestyle, and balanced well-being for NPC employees, as well as improvement of

# 2016 Health & Wellness Program Accomplishment

<b>ACTIVITY / EVENT</b>	<b>DATE CONDUCTED</b>	<b>ACTUAL NO. OF ATTENDEES</b>
Operation of NPC Gymnasium	January – December (twice a week)	Average of 10-15 per day
Conduct of Aerobics Session	January – December (twice a week)	Average of 10-15 per day
Participation to the GCAA Annual Planning Conference	January 20-23	1 PFSR Program Director
GCAA Golf Tournament (Executives)	March 4	5 Executives
GCAA Billiards Tournament	March 8 – April 7	11 participants
FNF Freedom Run	April 10	75 NPC runners
GCAA Sportsfest	April 22	50 participants
TransCo Power Basketball League	April 26 – May 24	15 players
GCAA Volleyball Tournament	July 5 – August 11	14 participants
GCAA Sports Management Training & Mid-Year Performance Assessment	July 27 – 29	1 PFSR Program Director
GCAA Basketball Tournament	August 25 – September 26	12 participants
CSC RACE to Serve Fun Run	September 3	100 runners
GCAA Bowling Tournament	September 13 – October 25	21 participants
NPC Anniversary Inter-Functional Group Sportsfest	November 7 – 10	
NPC Anniversary Fun Run	November 8	250 runners
NPC Anniversary Zumba/Aerobics	November 8	131 participants
NPC Anniversary Fun Games	November 8	155 participants
DOE Energy Month Sportsfest	December 1	35 participants
DOE Energy Month Chess Tournament	December 1	10 players
GCAA Annual Planning Conference for FY 2017	December 5-7	1 PFSR Program Director
DOE/PSALM Fun Run	December 7	6 runners
DOE Invitational Badminton Tournament	December 19	10 players

**NPC-HUMAN RESOURCES DEPARTMENT**  
**PHYSICAL FITNESS, SPORTS & RECREATION PROGRAM**  
**CY 2017 PFSR PROGRAM**

ACTIVITY/EVENT	SCHEDULE	VENUE
PHYSICAL FITNESS PROGRAMS		
AEROBICS/YOGA PROGRAM	After Office Hours	NPC Fiesta Hall
STRENGTH FITNESS PROGRAM	After Office Hours	NPC Gym
SWIM FOR FITNESS/LESSON	AOH (T,W,Th,F), Saturday	NPC Swimming Pool
SOCIO-RECREATIONAL PROGRAM		
CSC ANNIVERSARY FUN RUN	September	(to be announced)
INVITATIONAL FUN RUN	(to be announced)	(to be announced)
NPC ANNIVERSARY AEROBICS/FUN RUN/GAMES	November	NPC Compound
SPORTS PROGRAM: INTERNAL COMPETITION		
DARTS	March – April	NPC Platinum Hall
BILLIARDS	March – April	NPC Fiesta Hall
CHESS	March – April	NPC Cabana
BASKETBALL	March – April	NPC Fiesta Hall
VOLLEYBALL	April – May	NPC Platinum Hall
TENPIN BOWLING	May – June	SM North EDSA
SPORTS PROGRAM: EXTERNAL COMPETITION		
GCAA GOLF (Executives)	Schedule/venue are as per GCAA/CSC announcement	
GCAA SPORTSFEST		
GCAA BILLIARDS		
GCAA CHESS		
GCAA VOLLEYBALL		
GCAA BASKETBALL		
GCAA TENPIN BOWLING		
GCAA CHORALE FESTIVAL		
INVITATIONAL SPORTS TOURNAMENT		
DOE/NTC/NGCP/GSIS, ETC. OTHER GOVERNMENT AGENCIES	Schedules & venues shall be announced thru the PFSR Program Director	

**CY 2016**

**ANNUAL PHYSICAL  
EXAMINATION**

**(Conducted by: BEST Diagnostic Corp.)**

<b>Date Conducted</b>	<b>17 to 21 October 2016</b>
<b>No. of Employees/ Availees</b>	<b>499</b>
<b>Total Amount as per Contract</b>	<b>Php912,690.00</b>



# **2017**

# **Annual Physical Examination**

# **(APE)**

**TARGET SCHEDULE : SEPTEMBER 2017**

**LABORATORY PACKAGE INCLUSION:**

- Urinalysis
  - Complete Blood Count
  - Lipid Profile
  - Creatinine
  - Blood Uric Acid
  - Fasting Blood Sugar
  - HBA1C
  - SGPT
  - Chest X-Ray
  - ECG
  - Whole Abdomen Ultrasound
  - Breast Ultrasound
- Prostate Specific Antigen**