



Republic of the Philippines  
**Department of Education**



OCT 17 2007

DepED MEMORANDUM  
 No. 430 s. 2007

**AEROBIMANIA NATIONAL SEMINAR ON FITNESS AND HEALTH**

To: Regional Directors  
 Schools Division/City Superintendents

1. The Aerobimania Fitness Club in coordination with the Task Force on School Sports (TFSS) shall conduct the first Aerobimania National Seminar on Fitness and Health on October 26-28, 2007 at the City Garden Hotel, Mabini St. near United Nations Avenue, Ermita, Manila.

2. The theme of the seminar is "The Role of Physical Educators in the Promotion of Fitness and Health". The topics included in the seminar-workshop are Master Classes in Aero Hip Hop, Pilates Corefit Training, Aerobic Street Jazz, Stretch and Relaxation, Shakti, Belly Dancing or Oriental Dance. There will also be lectures on Supplements and Ergogenic Aids and Dance Injuries and Prevention with workshops on Circuit and Interval Training, Aerobi Dance-exercise Clinic, Organizing a Cheer Team, Retro Groove and the introduction of Aerobimania Marathon. A research on Lifestyle Evaluation shall likewise be presented.

3. Registration fee shall be as follows:

<b>Early Bird Registration On or Before October 15</b>	<b>Seminar without Lunch</b>	<b>Seminar with Lunch</b>
Aerobimania Members	P2,500.00	Plus P500.00
Non-Members	P2,800.00	Plus P500.00
<b>Late Registration October 16 and later</b>		
Aerobimania Members	P2,800.00	Plus P500.00
Non-Members	P3,300.00	Plus P500.00

The registration fee includes the seminar fee, seminar and workshop certificates, handouts, Music CD and membership to Aerobimania Fitness Club.

4. For interested participants, please call or text Ms. Susan Mercado at cellphone no. 09162369260 or Ms. Geraldin Cachola-Miñas at cellphone no. 0917-4237521 or email [susanmercado@hotmail.com](mailto:susanmercado@hotmail.com). Payments may be deposited to the account of Ms. Susan C. Mercado, Landbank Intramuros, 0017-130072. For confirmation of attendance and to avail of the early rate, registration form and deposit slip must be faxed to the Aerobimania Secretariat at (02) 713-0289.

5. Immediate dissemination of this Memorandum is desired.

*R. C. Bacani*  
**RAMON C. BACANI**  
 Undersecretary  
 Officer-in-Charge

Reference: None

Allotment: 1—(D.O. 50-97)

To be indicated in the Perpetual Index  
under the following subjects:

HEALTH EDUCATION  
SEMINARS  
WORKSHOPS

Reformatted by: Sally - AEROBIMIA  
October 2, 2007