

COC-FC-GEC2-01/ FERRARIZ, JOEJETTE OLANO

FLORES, ANGELICA CAUDOR

GAMALE, CARLYNNE JUDIEL WEST

GELIG, STEPHANY SALUGA

GO, CHRISTINE DEANNE HEYROSA

GONZALES, AMIRA LABONITE

GORRA, SHAN II MAGHOPOY

GUEVARA II, FEDERICO

GULAPO, LETTICE JOIE SUMINGUIT

HILOT, JOANA KATE DAMO

PED 028

**PHYSICAL ACTIVITIES
TOWARDS HEALTH AND
FITNESS II**

MS. ALTHEA VENICE BAINTO MAGAWAY

GROUP 5

GATHERED INFORMATION FROM CLIENT/TRAINEE

TOPIC 3-5

We interviewed our client Ms. Zarah Andrea Requiso. One of the questions we asked was about her blood pressure 2 weeks ago and according to her, it was 115/71. Aside from that, we asked for her perspective on the saying “Health is Wealth”, as per her, “Health is very important because with good health we can do anything we want, in bisaya is *Lawas ray puhonan*”. Owning and having a tangible thing just like money makes her happy while non-tangible things contribute to her feelings that will make her feel loved, grateful, and healthy.

CAGAYAN DE ORO COLLEGE

PHINMA EDUCATION

DOCUMENTATION

