



ASIAN LAND STRATEGIES CORPORATION

TO : ALL EMPLOYEES
FROM : HUMAN RESOURCES DEPARTMENT
RE : HEALTH AND WELLNESS PROGRAM
DATE : 30 APRIL 2019
CC : MANCOM/ ALL SECTION HEADS & SPVRs / FILE
REF. NO. : HRD-2019-018/REV-000

Dear Asian Landers,

Let's beat the heat with some healthy fun!!!

For the whole months of May and June, 2019, we are pleased to launch fun filled program of activities while promoting Health and Wellness in the workplace.

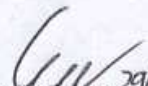
The program aims to develop a culture of wellness, have fun while being healthy, inspire and invigorate employees to be healthier and promote team cohesion thru the following activities:

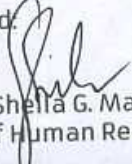
Talk Series "WELL-NESS" Financial Wellness Talk (PhilamLife Mentor) Stress Management Talk TELEMEDICINE PROGRAM* HMO Provider *For confirmation	Challenge Series CHALLENGES Dump your Plump (Biggest Loser Challenge) Every kilo lost is = P50.00 award. Fitness Challenges *1 minute Fitness Challenges Wellness Wall / Department *Photos and articles	Corporate Wellness Take 5! (5 minutes to declutter)	Culminating Event MasterChef
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While we are still finalizing the schedules and other details of activities under the "Talk Series", we shall launch the other individual and group competition events beginning May 10, 2019.

Attached are the general mechanics and details of the events for your guidance.

We trust your usual support and participation. Let's get healthy this summer!


Mon Saspa
Employee Engagement Officer

Noted:

Ma. Sheila G. Manalo
Chief Human Resources Officer

Approved:

Jacky E. Quintos
Chief Executive Officer

**ASIAN LAND STRATEGIES CORPORATION
HEALTH AND WELLNESS PROGRAM
MAY – JUNE, 2019**

HEALTH AND WELLNESS CHALLENGES

DUMP YOUR PLUMP!

The new Biggest Loser Challenge.

GENERAL MECHANICS

1. Competition will consist of individual and team categories. Division / Department will have to send representative for these categories plus an official committee representative, for a total of (7) seven representatives each Division/Department.
 - a. 1 unique Representative for Individual Category
 - b. Team Category will compose of 5 unique individuals, which may be all boys or all girls or gender mixed.
 - c. 1 unique Representative for Official Committee
2. A regulating committee composed of department representatives will be organized to formulate and implement rules and regulations, resolve concerns, etc. during and after the event. All decisions made by the committee is executory and final.
3. The list of participants should be submitted to Department / Division respective HRBP on or before 02 May 2019.
4. Regulating Committee members will have an initial meeting on 03 May, 2019 at 4pm.
5. An initial weigh in will be conducted in the presence of all committee members on 09 May 2019, 4:00pm.
6. Presentation of Dump challengers will be on Friday 10 May 2019 at the G/F Area, the commencing date of the event.
7. Dump your Plump day will be all Fridays of May and June, 2019.
8. Winners will be proclaimed on 04 July 2019 at the 2nd General Assembly.
9. Prizes at stake:

WEEKLY PRIZES

- INDIVIDUAL CATEGORY
 - a. Php 50.00 per kilo lost
 - b. Wellness Adventure ticket worth Php 150.00
- TEAM CATEGORY
 - a. Php 50.00 per kilo lost
 - b. Wellness Adventure ticket worth Php 150.00

GRAND PRIZES

- INDIVIDUAL CATEGORY
 - c. Php 1,000.00
 - d. Wellness Adventure ticket worth Php 150.00
- TEAM CATEGORY
 - c. Php 3,000.00
 - d. Wellness Adventure ticket worth Php 150.00

CONSOLATION PRIZES

- INDIVIDUAL CATEGORY
 - e. Php 500.00 each
- TEAM CATEGORY
 - e. 1st Runner Up: Php 2,000.00
 - f. 2nd Runner Up: Php 1,500.00
 - g. 3rd Runner Up: Php 1,000.00

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FITNESS CHALLENGES

Be Healthy thru fun filled activities.

GENERAL MECHANICS

1. Each Division / Department will have one (1) official challenger and one (1) substitute challenger.
2. Rule per game is stated below.
3. Winners per challenge will get 5 points. All non-winners will get 3 points.
4. One (1) point is deducted per violation of the game rule.
5. Winners per challenge will receive Php 50.00.
6. All points earned by the challenger will be added to the totality of team scores on DUMP YOUR PLUMP CHALLENGE to determine the overall champion/s.

THE CHALLENGES:

1. **Jumpit Roppit**
Mechanics: In 1 minute, individual representative has to make the most number of hops. The individual with the most number of hops is declared as winner.
2. **Hula Whoopla**
Mechanics: Hula Whoopla, make the most number of hulas in 1 minute. The individual with the most number of hulas is declared as winner.
3. **Squat One**
Mechanics: Do as many squats with a clap as you can in 1 minute.
4. **Touch Down, Superman!**
Mechanics: Hold your plank! The individual who can do the longest plank will win the event.
Time Limit : 30 minutes
5. **Roger Robbit**
Mechanics: Hop to get the flag. Back to base. Hop to return the flag. Back to base. Fastest time wins.
6. **Left Up Right Up Left Down Right Down**
Mechanics: Have you been wondering how to tighten your leg muscles and no to chicken legs? Do this in 1 minute. Most done wins.
7. **The Fab Abs**
Mechanics: Sitted on a chair. Lift your legs and do the crunch. Most lifts wins in 1 minute.
8. **Pushy Push**
Mechanics: Do the traditional push up. Most number of push up done in 1 minute wins the battle.
7. **The Grim Reamer**
Mechanics: Place the ball in between the legs. Holding it for the longest time or in 1 minute will be declared as winner.
8. **Against the wall**
Mechanics: Stand against the wall 2 feet in distance. Carefully lean and do the push up while clapping in release. Most number of exercise wins the game.

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TAKE 5

This is the modified 6S Audit only all Departments / Division has to clean up in 5 minutes.
Office Base only.

GENERAL MECHANICS

1. Each Department / Division will have a representative to be a Take 5 Marshall.
2. A Take 5 Marshall can be substituted by any of the Department / Division concerned in case the regular Marshall was on leave, out of base, or documenting reports, making errands, etc.
3. Take 5 days will be on all Fridays of May and June, 2019 in an unannounced time schedule beginning May 10, 2019.
4. The challenge will be on a Demerit System.
5. All Departments / Division will have a base of 100 points.
6. Each of the following seen on each working table will have the following demerit point:
 - Ballpen = 1 point / pc.
 - Paper clip = 1 point / pc.
 - Calculator = 2 points
 - Unfiled Documents = 2 points
 - Unfiled Folders = 2 points
 - Pair of scissors = 2 points
 - Food on the table = 3 points
 - Uncovered tumbler with water = 4 points
 - Personal things (Perfume, mirror, etc.) = 4 points / piece
 - Unnecessary use of Monitor for personal gain = 5 points
7. All scores will be tallied on the same day witnessed by all Marshalls.
8. Weekly winner will receive Php 500.00
9. Grand Prize Winner will be determined by cumulative weekly scores and will receive additional cash prize.

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WELLNESS WALL

An initiative to promote health and wellness in the workplace.

GENERAL MECHANICS

1. All Division / Department will identify a spot on their respective communication boards to be their "Wellness Wall."
2. Employees may post articles, photos, initiatives, updates, etc. about wellness in all aspects.
3. Creativity in execution is encouraged.
4. Judges will be random chosen employees from each Department / Division
5. Wellness Wall will be scored on a weekly basis.
6. All Wellness Wall will be viewed every Friday commencing 10 May 2019.
7. Wellness Wall score will be determined in the following criteria:

Content	- 75%
Topic (relatable)	-25%
Value (importance)	-25%
Inclusivity (engaging)	-25%
Viewing Impact	- 20%
Creative Execution	- 5%
Total	- 100%
8. Winners will be ranked based on cumulative scores on the last day of the event. Will receive the following prizes.

GRAND WINNER: Php 2,000.00
ALL NON – WINNERS: Php 1,000.00 each

ASIAN LAND MASTERCHEF

The culminating event will be held during the 2Q Pandesal Party on July 4, 2019
Mechanics and other details to follow.