



Philippine Medical Association

PMA: CHANGING MINDSET IN CHARTING THE FUTURE

Member : World Medical Association (WMA)
Co-Founder : Confederation of Medical Association in Asia and Oceania (CMAAO)
Medical Association of Southeast Asian Nations (MASEAN)
Secretariat : PMA Bldg., North Avenue, Quezon City 1105
Telephone Nos.: (632) 929-7361; 929-6366; 926-2447 Fax: (632) 929-6951
Mobile: (Membership Hotline) 0917-8221357
Emails: info@philippinemedicalassociation.org; philmedas@yahoo.com
Website: www.philippinemedicalassociation.org

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MEMORANDUM CIRCULAR NO. 2017-07-11-002

TO : PRESIDENTS OF COMPONENT SOCIETIES, SPECIALTY DIVISIONS,
SPECIALTY AND AFFILIATE SOCIETIES

FROM : BENITO P. ATIENZA, M.D.
PMA Secretary-General

CC : NATIONAL OFFICERS, BOARD OF GOVERNORS, FILE

SUBJECT : FIT FIL NATIONWIDE WEIGHT LOSS CHALLENGE

DATE : JULY 11, 2017

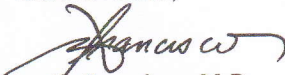
Greetings!

The Fit Fil Nationwide Weight Loss Challenge, in collaboration with the Philippine Medical Association, will combat the growing problem of obesity in the country. The Fit Fil Challenge is the first and biggest nationwide fitness and wellness campaign. This campaign will be challenging Filipinos in all regions to collectively donate/lose one million pounds (1,000,000 lbs.) in the span of 6 months, aimed towards building a fitter and healthier nation.


Join PMA's pledge and take on the Fit Fil Challenge to collectively lose 100,000 lbs from all Filipino physicians from July to December 1, 2017. We call on all physicians of all Component, Specialty and Affiliate Societies of PMA to donate excess body weight and be lighter and healthier by December 2017. Each physician may donate/lose a minimum of 3 lbs, but if it makes you feel good to donate/lose more, then all the better for you and for PMA to reach our pledge as a united group.

As physicians, we strive to be a reflection of good health and well-being to our patients and the community. Join and be part of a healthy and fit Philippines! You only have excess weight to lose and all the benefits of good health to gain. Start a healthy journey now.

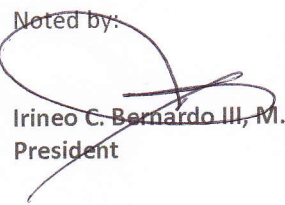
Yours in health,


Ian N. Francisco, M.D.

Chairman, PMA Committee on Sports


Benito P. Atienza, M.D.
Secretary General

Noted by:


Irineo C. Bernardo III, M.D.
President

HOW TO JOIN

STEP 1. VISIT FITFIL.PH

Go to www.fitfil.ph, registration tab to pre-register.

This is FREE, no registration fee required.

Choose **Corporation/Association** Category tab and fill in the necessary details.

In the 'Company' field, type **Philippine Medical Association**.

In the 'Occupation' field. Identify yourself as a **Physician**.

STEP 2. WEIGH IN

Go to the nearest Official Weigh-In Centers

- Robinsons Supermarket
- Fitness Centers and other accredited locations (go to www.fitfil.ph FAQ's for complete list)

STEP 3. PLEDGE

Create an interesting video pledge of you and/or your organization and share it on social media with #FitFilChallengeAccepted #PledgeToDonate

STEP 4. ENGAGE

- Engage in any form of physical fitness or nutritional activities that you like. You may engage as long as you want. (Minimum of 1 month and maximum of 6 months)
- Enroll or join any of our FitFil affiliated fitness centers
- Or you can join us at any of our FitFil sanctioned and organized events nationwide

STEP 5. VISIT FITFIL.PH DAILY

- Get free work-outs, nutrition, health, and medical tips from the country's top experts.
- Get discounts and freebies from partner organizations.
- Know the latest races, health and fitness events happening all over the country.
- Find out the closest FITFIL camps and partners near you.

STEP 6. WEIGH OUT

Once you reach or exceeded your goal, head to your nearest authorized weigh-in centers to "weigh-out" and officially "donate" your pounds

STEP 7. REWARDS

Claim your reward! (medal/ finisher's shirt/ plaque)

STEP 8. SELFIE

Take a selfie with your reward and share it on your social media with the following FitFil hashtags. #FitFilChallengeAchieved #IAmAFitFilipino

STEP 9. ACHIEVEMENT PLEDGE VIDEO

Upload a video on any social media channel of your achievement with the hashtags #FitFilChallengeAchieved #IAmAFitFilipino

WEIGH-IN CENTERS

The list will be updated in the website www.fitfil.ph

ROBINSONS SUPERMARKETS

Every Saturday only from 10:00 AM – 7:00 PM

Metro Manila

- Robinsons Place Ermita
- Robinsons Place Galleria
- Robinsons Place Metro East
- Robinsons Place Magnolia
- Robinsons Place Novaliches
- Eastwood TechoPlaza II
- Townville BF Paranaque
- Robinsons Otis

Luzon

- Robinsons Place Lipa
- Montalban Town Center
- NepoMall Angeles
- Robinsons Place Imus
- Robinsons Place Antipolo
- Robinsons Place Malolos
- Robinsons Place Pangasinan
- Robinsons Place Cainta
- Robinsons Place Los Banos
- Robinsons Place Palawan

Visayas

- Robinsons Place Tacloban
- Robinsons Place Iloilo
- Robinsons Place Dumaguete
- Robinsons Place Cebu
- Robinsons Place Bacolod
- Ormoc Centrum

Mindanao

- Robinsons Place Butuan
- Robinsons Place Cagayan de Oro
- C3 Mall Pagadian
- Townville Abreeza Davao

ELORDE Boxing Gym

Monday-Sunday from 8:00am to 8:00pm

- Gilmore
- Maceda
- Katipunan 1- Blue Ridge
- Katipunan 2- Brgy Milagrosa
- Don Antonio
- Reyes Gym
- Daang Hari
- Pegasus
- Paranaque

Learn more at www.fitfil.ph and together as PMA, let's move towards a healthier Philippines!