



Philippine Medical Association

PMA: CHANGING MINDSET IN CHARTING THE FUTURE

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Co-Founder : Confederation of Medical Association in Asia and Oceania (CMAAO)
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MEMORANDUM CIRCULAR NO: 2017-08-16-010

TO : COMPONENT SOCIETY PRESIDENTS, SPECIALTY DIVISIONS, SPECIALTY SOCIETIES AND SUBSPECIALTIES, AND AFFILIATE SOCIETIES

CC : NATIONAL OFFICERS, BOARD OF GOVERNORS, FILE

SUBJECT : FITFIL NATIONWIDE WEIGHT LOSS CHALLENGE REMINDERS

DATE: : AUGUST 16, 2017

Greetings!

The Philippine Medical Association and FitFil Team enjoy all able-bodied persons to participate in the on-going FitFil Nationwide Weight Loss Challenge. This movement aims to lose 1 Million pounds (lbs.) of excess weight from Filipinos by December 1, 2017. We are informing you of the following guidelines to make it easy for you on how to be part of the pledge of PMA to lose 100,000 lbs. Invite your doctors, friends, family, hospital employees and clinic staff to join you. This movement is for everybody.

- Pre-register at www.fitfil.ph and follow the steps indicated in their website.
- Choose Corporation/Association Category tab and fill in the necessary details.
- In the 'Company' field, type Philippine Medical Association.
- Fill in and complete the registration fields.
- Once you have submitted the online pre-registration form, your account will be created and you will receive a confirmation email.
- Head to the nearest weighing center to complete your registration.
- Present your registered ID number
- Proceed to weigh-in. Your weight in pounds, height in inches, hip to waist ratio and blood pressure will be recorded.
- Pledge the amount of weight in pounds you want to donate.
- Take a BEFORE selfie (optional) or you may take a video (optional). You may post it on social media with the hashtags: #FitFilChallengeAccepted #PledgeToDonate. Say, "Hi. My name is _____ and I accept the FitFil Challenge. I pledge to donate ___ lbs. Let's get fit Philippines!"

- Having completed your registration, your account is now active and can be accessed at <http://fitfil.ph/login/>
- Lose weight by eating healthy, working out, doing sports activities, and/or participating in any fitness event. 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)
- When you think you have lost your excess weight or you have reached or exceeded your pledged lbs., it's time to weigh-out.
- Head back to the weighing center and weigh-out. Your weight will be recorded.
- Your record will then be submitted to the FitFil organizers so you can receive your reward.
- Take an AFTER selfie (optional) or you may take a video (optional). You may post it on social media with the hashtags: #FitFilChallengeAchieved #IAmAFitFilipino. Say, "Hi. My name is _____ and I lost _____ pounds. FitFil Challenge achieved. I am a fit Filipino!"
- Lastly, feel good that you have contributed in decreasing the number of cases of obesity in the Philippines.

You can create a FitFil Weighing Center for you component society or region. Please follow the guidelines in the attached files.

Yours in health,



Ian N. Francisco, MD
Chairman, PMA Committee on Sports



Benito P. Atienza, MD
Secretary General

Noted by:



Irineo C. Bernardo III, MD
President