



CENTRO ESCOLAR UNIVERSITY - MANILA

COMMUNITY OUTREACH MOVEMENT PRO-ACTIVE
STUDENTS SERVICE (COMPASS)
SCHOOL OF PHARMACY CHAPTER
ACADEMIC YEAR 2023-2024



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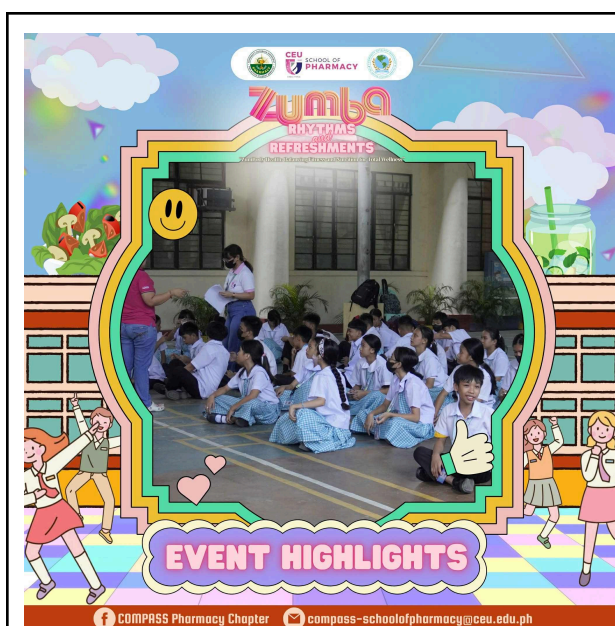
DR. ANA MARIE RUBENICIA
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MR. JAN DOMINIQUE LAPIG
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DR. MARIA DONNABELLE U. DEAN
Dean

**ZumBody Health: Balancing Fitness and Nutrition for
Total Wellness**

By: Ashly Joy Malabanan





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Last November 24, 2023, the COMPASS School of Pharmacy Chapter and COMPASS School of Nutrition and Hospitality along with the participation of Claro M. Recto High School held a recently concluded Zumba Rhythms and Refreshments with a theme: “Zumbody Health: Balancing Fitness and Nutrition for Total Wellness”. This event enabled the Grade 7 and 8 Students in Claro M. Recto High School to encourage how important it is to stay active and promote eating healthier every day.

The event started with a registration followed by the AVP Doxology and Philippine National Anthem performed by CEU Manila Singers. In line with this are the welcoming remarks from Mr. Jan Dominique Lapig the Overall Faculty Chairman of the said event emphasizing why the event is being held and how important it is for the students’ health. It is followed by the introduction of the Zumba Instructor, Joshua Dylan Lim, an Anytime Fitness Dance class instructor recognized by Grendahlyn V. Lomasang, Overall Student Co-Chairman. Next is the highlight of the event which is the zumba session that the students enjoyed and joyfully participated in. After that, refreshments were offered for them to revitalize their body. Closing remarks were carried out by the Overall Student Chairman, Ashly Joy T. Malabanan who shared her gratitude for everyone’s effort. In line after this is the awarding of the certificate given by Ms. Maria Elizabeth Yu, Mr. Jan Dominique Lapig and Ms. Jevalyn Diaz to Mr. Joshua Dylan Lim for his exemplary contribution to the event as a Zumba instructor. Also awarded by a certificate is Ms. Mercedita T. Insigne, Principal II for her outstanding participation in the said event.

To blissfully end the event, a photo opportunity was carried out filled with everyone’s smile and energy. Followed by the feeding program, hot-served sopas prepared by the COMPASS - School of Nutrition and Hospitality. In conclusion, encouraging these high school students to participate in Zumba and adopt healthy eating habits is essential for promoting physical health, lowering their stress levels, and promoting socializing through lively physical activity. Furthermore, promoting nutritional awareness and offering balanced meal options helps students achieve their best selves and develop lifelong habits that avoid health problems and provide them with sustained energy. By attending to the dietary and physical needs of high school pupils, this all-encompassing strategy promotes their overall wellness. In summary, this initiation came to be a testament to collective benevolence and its capacity to effect positive change within community involvement.



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