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Fitness and Recreational Activities of Camarines Sur Polytechnic Colleges Employees in the Philippines

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ABSTRACT This quantitative study investigated the fitness and recreational activities of employees at Camarines Sur Polytechnic Colleges in the Philippines. Utilising a descriptive survey research design, data were collected from 100 respondents, comprising 74 academic and 26 administrative personnel selected through total enumeration sampling. A structured questionnaire gathered information on demographic profiles, participation levels, perceived benefits, and challenges encountered. Data were analysed using frequency counts, percentages, and weighted means. Results showed that most participants were female, aged 26 to 31 years, single, and primarily from the academic sector. Emotional and physical well-being were identified as the most significant benefits, while work commitments, lack of time, and family responsibilities emerged as the main barriers. The study recommends an institutional wellness program to promote structured fitness opportunities, encourage participation, and support employee well-being. Findings highlight the crucial role of organisational support in fostering a healthy and balanced work environment.