



Lephalale Municipality

Tel: 014 763 2193
Fax: 014 763 5662

Private Bag X136
Lephalale
Website: www.lephalale.gov.za

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PRESS RELEASE

WELLNESS DAY 2017

As part of Lephalale Municipality's annual Wellness Day activities, officials and members of the South African National Defence Force, representatives from Health Department and SAPS took part in various sporting codes at Mogol Club on 14 June. Stakeholders such as Old Mutual, Assupol, Bonitas, Capitec Bank, Metropolitan, Care works, Fin Care rendered services at the event.

Wellness day is a day set aside for workers to discuss issues of their health and the importance of staying healthy and avoiding risky behaviours that might lead to serious health complications. While health can be defined as the absence of disease, wellness is more about a person's lifestyle and taking charge of the choices they make to stay healthy.

Research has shown that when individuals take care of themselves and make positive lifestyle changes, they are happier, miss less work and are more productive.

Municipal Manager, Edith Tukakgomo, encouraged all employees at the event to make everyday a wellness day and take responsibility of taking care of themselves physically, emotionally and psychologically "When your body is not fine your mind cannot function properly". Exercising, maintaining healthy relationships and eliminating risky behaviors such as smoking are all components to wellness.

Acting Mayor, Cllr William Motlokwa, said it is important that employees look after themselves and refrain from unhealthy habits such as over-eating, alcohol abuse and lack of exercise which may ultimately lead to obesity.

"Research revealed that obesity which in simple terms means over-weight is on a rapid increase. Some of the health risks caused by obesity are Heart disease, stroke, high blood pressure and diabetes. As councilors of this Municipality we will continue to support this kind of programmes as it aims to improve the well-being of employees" said Cllr Motlokwa.

Queries:

Conscious Chiloane
Communications Manager
LEPHALALE MUNICIPALITY
Tel: 014 7621496
0787251020
Email: conscious.chiloane@lephalale.gov.za