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PRESS RELEASE

Wellness day

Lephalale Local Municipality officials took part in the annual wellness day activities at Mogol Sports Ground on 13 June 2018. The day was set out to highlight the importance of exercising and healthy lifestyle. Officials together with members of the SAPS and other sector department participated in sporting codes such as soccer, netball and tug of war.

In his address, Acting Mayor Cllr William Motlokwa, said despite the fact that technology has advanced and took over manual activities, officials must always set aside time or physical exercise in order stay healthy and avoid lifestyle opportunistic diseases.

“Today we are living in the fast-changing technological world. The world where very little manual work is done most of the work is done by computers. Sophisticated machines replaced manual work. This is the world where fast junk food has replaced balanced diet. This is the world where walking has become so unfashionable that it is associated with lack of money. And playing sport just for fun or to keep one healthy is regarded as a waste of time” said the acting Mayor.

“I want to take this opportunity and try to change the mindset that says playing sports just for fun is a waste of time. Heroes and heroines of this world exercised and played games whenever they wanted to refresh their minds or to keep healthy and fit. I believe we all know that our political icon, Dr Rolihlahla Nelson Mandela ended most of his days at the gym. He played a number of games, including boxing, just to keep his body and mind fresh and healthy. Mandela was very passionate about sports and exercising.”

Queries:

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