



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL



GAMALAKHE CHC

SPECIAL EDITION

AUGUST 2014

## GAMALETHU NEWS

Healthy Lifestyle

### SPORT AND WELLNESS DAY

Gamalakhe CHC hosted Sport and Wellness day on the 1<sup>st</sup> of August 2014 at TB Molefe Stadium. This encouraged Gamalakhe CHC and senior managers to keep fit and have a healthy lifestyle.

The objective of this day was To enable all staff to develop personal skills and capacity to improve and take control of their health.

The five elements of healthy lifestyle were discussed and all those that attended committed



Gamalakhe CHC vs HCM. Zandile Msiya (Left) defends the ball form HCM Player.

themselves to adhering to these elements of having nutritional food, eliminating use of tobacco.

### FUN WALK

The day commenced with a 1km walk around Gamalakhe Township. Starting from Gamalakhe CHC and ended at T.B Molefe Stadium.

Walking was found to be beneficial to ones health as it strengthens

your heart, it lowers disease risk and keeps weight in check. Ms. MZ Nxumalo was the first to reach the finish line. This encouraged staff to see active participation from senior management.



#### Activities that were held:

- Fun Walk
- Netball
- Volleyball
- Soccer
- Aerobics
- Egg and spoon race
- Tag of war

# FUN WALK GALLERY

Mrs. Ntuli (second from left) leads the way



Clinic Staff and CHC staff enjoying the

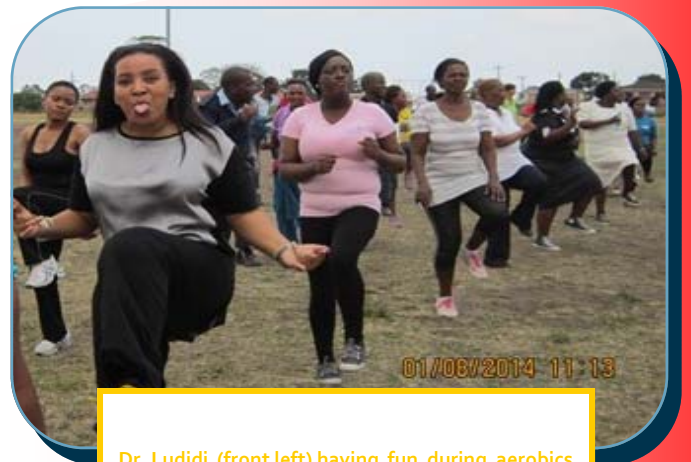
Nursing personnel geared up for the walk

Staff determined to get to finish line



## MOVE TO THE GROOVE – AEROBICS

Staff worked up a sweat as Aerobic exercise were done they proved to stimulates the heart rate and breathing rate. Sboniso Gcaba from SAPS was the Aerobics instructor of the day. He kept the crowd active with his impressive aerobics moves. Staff members agreed that this form of exercise prevents cancer, depression, diabetes, obesity and weight control. Staff enjoyed the breath taking exercise routine. Some commented that it did not feel like exercise as the music helped to relax them and made it fun to move. As part of the wellness programme staff take part in sports activities three times a week. This was paying off as they were all able to finish the aerobics routine which proved that staff are getting healthier and fitter.



Dr. Ludidi (front left) having fun during aerobics

Sboniso Gcaba Instructor of the day





# FITNESS TIME

Staff formed teams and went head to head on the tug of war game. Team 1 was led by Ms. Ndlovu (Deputy Manager Nursing) and team 2 was led by Mr. Njomi (Quality Assurance Manager) and team 1 was victorious.



The egg and spoon raced proved to be popular amongst the staff the following staff members won the different races:

Team A—Tug of War



Sr. Njomi (Front) displays his move



Team B—Tug of war



# RACES TO THE FINISH LINE



Mrs Madwe, approaching finish line



starting line up 3 legged race



Egg & spoon racers



On your mark—ladies race



Go!!!!—gents race



competition is tight—run ladies run!

# WINNERS OF THE DAY

Winners with Dr Luke—Medical Manager



BACKWARD RACE WINNERS



Fun walk Winners From left (Ruth Naidoo, Ms. Nxumalo & Thula Shinga)



MRS GOGG WITH HCM WINNERS OF SOCCER MATCH



OLD MUTUAL TEAM READY TO ASSIST STAFF WITH FINANCIAL



OLD MUTUAL OFFERS

THANK YOU TO OUR PARTNERS OLD MUTUAL IN MAKING THIS EVENT A HUGE SUCCESS, THEY WERE GENEROUS AND SPONSOR THE EVENT WITH MINERAL WATER FOR ALL THE ATTENDEES TO ENJOY.

PRODUCED BY PUBLIC RELATIONS TEAM: MS. BUSISIWE NZAMA, MS. PHILISIWE NDLOVU &

WE VALUE YOUR COMMENTS, PLEASE FORWARD THEM TO THE FOLLOWING ADDRESS:

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