



# DEPARTMENT OF HEALTH

PROVINCE OF KWAZULU-NATAL

## CORPORATE COMMUNICATION SERVICES

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## **NATIONAL MOVE FOR HEALTH DAY**

"All department of health employees of you who are here should be torch-bearers of healthy lifestyles and I am sure next year we will have a full house when we celebrate this day." This was said by Superintendent-General Prof Ronald Green-Thompson at the provincial launch of Vuka- Move for Health National Move For Health Day" celebration at the KZN department of health head office in Pietermaritzburg today.

To celebrate the launch department of health staff at Natalia building spent their lunch break in an aerobics class conducted by Virgin Active representatives. Prof Green-Thompson and staff substituted their business suits for tracksuits and danced to the music beat to get their bodies moving for better health.

The day was part of the National Move for Health Day, a campaign aimed at creating awareness among communities of the benefits of physical activity in maintaining healthy lives and controlling diseases of lifestyle. The Move for Health initiative is strongly backed by findings of the 2002 World Health Report (WHR) - which lists physical activity among the main risks contributing to chronic diseases of lifestyle such as cardiovascular diseases, diabetes, obesity, colon cancer, high blood pressure, osteoporosis, depression and anxiety.

The slogan for the campaign is; **"Vuka South Africa, Move for Your Health"**, which is an action oriented theme to encourage communities throughout the country to take responsibility for



their health by engaging in cost effective physical activities such as walking, regular exercise and other physical activities.

One of the key messages for this year's celebrations is that physical activity is for everyone, rich or poor, and can be done almost everywhere without equipment. At least 30 minutes of physical activity a day is recommended to improve and maintain ones health.

Physical activity does not only include sport but also other activities such as:

- \* Walking up the stairs instead of taking a lift;
- \* Taking a walk during lunch breaks
- \* Playing active games
- \* Dancing, cycling, swimming and jumping

A pledge was signed by staff and managers committing themselves to the "Move For Health" campaign. Prof Green-Thomson also encouraged everyone to continue with the "Move For Health" campaign everyday.





**ENDS**

**For more information please contact Mrs Lindiwe Khuzwayo on  
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