

MEDIA RELEASE
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KZN Health MEC promotes healthy lifestyles, helps his athletics club gear up for Comrades Marathon

KwaZulu-Natal Health MEC Dr Sibongiseni Dhlomo has once again called on the people of the province to adopt healthy lifestyles in order to curb the impact of non-communicable diseases.

He has urged South Africans to avoid smoking, drinking alcohol, eating fatty and junk food, but instead live a more active and health-conscious lifestyle.

The MEC yesterday spent time running and encouraging members of his athletics club Phuma KZN in their last joint training session before the Comrades Marathon next Sunday. The 200-member club started their 10km warm up race from Moses Mabhida Stadium to uShaka Marine. Ninety-eight members of the club have entered this year's Comrades Marathon, and 15 of them are female athletes.

Dr Dhlomo, who is the club president and co-founder, has completed two Comrades Marathon races. He narrowly missed out on qualification this year due to a minor operation, but is looking forward to participating in next year's race.

An advocate of healthy lifestyles, Dr Dhlomo explained his love for athletics: "Regular physical exercise, such as running, has many benefits. It attacks obesity and increases life expectancy of the population," says MEC Dhlomo.

"It's important to motivate people on healthy lifestyles. There are many South Africans who are on treatment for diabetes and hypertension but have since decreased the doses after starting gym because their bodies have since improved. Some people who could have started treatment for hypertension and diabetes due to genetic and family history of the disease have delayed the onset of the disease because they exercise. So, exercise saves money because people burn the fat and stay well for quite a long time. As MEC for health, I try to lead and talk about disease prevention and to be exemplary."



ENDS

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