

MEDIA RELEASE
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KZN MEC for Health, Dr Sibongiseni Dhlomo, leads from the front

KWAZULU-NATAL HEALTH MEC, Dr Sibongiseni Dhlomo, has once again called on the public to participate in healthy lifestyle programmes such as road-running, saying that such habits are crucial in reducing the burden of disease facing the province.

Dr Dhlomo made the clarion call yesterday (Sunday, 27 September 2015) after completing the 21km EThekweni Half Marathon in 2 hours, 41minutes. The MEC has previously finished two Comrades Marathon races and is looking forward to his third next year.

"When people engage in physical exercise, they delay the onset of non-communicable diseases like hypertension, diabetes, chronic lung disease and some cancers. Those who already have such diseases delay the onset of the complications of such diseases if they exercise. Some even reduce the treatment they use, because their bodies and systems get rejuvenated." The MEC said that Government saved a lot of money when people don't get sick.

"In fact, physical exercise is a preventative medicine," he said.

The MEC also thanked all those well-wishers along the road who were supporting the runners from KwaMashu to Umlazi.



In this file photograph, KZN Health MEC Dr Sibongiseni Dhlomo, who is a champion of healthy lifestyles, is seen taking part in a road race

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