

KZN Health MEC urges young people to look after their lives by leading a healthy lifestyle

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The key to a longer and healthier life lies in what we eat; on kicking bad habits such as smoking and substance abuse; and on exercising regularly. That is the message from KZN Health MEC Dr Sibongiseni Dhlomo.

During a visit to the Ark Fellowship Centre International Church at Umlazi F Section yesterday, MEC Dhlomo urged the youth of the province to adopt healthy lifestyles in order to curb the risk of non-communicable diseases such as diabetes, high blood pressure, heart disease, obesity and cancer.

He urged young people to avoid smoking, drinking alcohol, eating fatty and junk food, but instead eat nutritious and balanced meals and get used to regular physical exercise.

Although dressed in formal wear, MEC Dhlomo did not hesitate to join about 50 young people in an hour-long aerobics session.

Speaking afterwards, he said: *I was greatly encouraged to be invited by Apostle Ndlovu to this church, where we met young people and encouraged them to lead healthy lifestyles. Apostle Bhekokwakhe Ndlovu from the church is preaching a message that we must keep this temple of God that is our bodies clean. Among other things that we can do to keep this temple God clean and stay longer and healthier, is to actually get involved in exercise. We need to avoid drugs... whoonga and all sorts of issues that could make this body not to stay healthy and long. We are very encouraged by this partnership with the Ark Fellowship Centre International. I will come back again to encourage and promote healthy lifestyle through exercise through staying away from all risky behaviour that leads to social ills that might actually make this body not to stay longer, up to 70 or more.*

Apostle Ndlovu said the church was humbled and delighted to be visited by MEC Dhlomo and made a pledge that it will continue to preach the gospel of healthy lifestyles.

