

## **PRESS RELEASE**

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**TO : ALL MEDIA**

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**RE: “THE FIRST WEALTH IS HEALTH”, MEC MODISELLE**

“The first wealth is health, said Ralph Waldo Emerson. This evidence is growing more convincing than ever! People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on regular basis”, said Maureen Modiselle, MEC for Finance during the official launch of the Department of Finance’s Physical Activity Programme over the weekend at the North University.

The MEC for Finance, Maureen Modiselle hailed the launch of the physical activity programme by the Employee Wellness office as “ a good programme to ensure the workforce of her department remain active at all the time when rendering essential services to its clientele”.

“Regular physical activity substantially reduces the risk of dying of coronary heart diseases, the world’s leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis amongst others”, explained the MEC. For staff to give their maximum as far as effective service delivery is concerned it cannot be over-emphasized that physical activity plays a vital role the lives of all staff members.

“The Department recognizes that insufficient physical activity is not limited to young people but to adults as well. It is therefore very important that staff members engage in daily participation in physical activities. This will help to reduce symptoms of anxiety and depression”, added the MEC.

Staff members took part in various sporting codes such as Tennis, Volleyball, soccer, netball and aerobics. It is expected other sporting codes will be added to cater for the needs of all staff members.

“MEC Modiselle further challenged departmental employees to exercise regularly to maintain a healthy state of mind and body. “Exercise helps one to be alert, active, agile and energetic throughout the day.”

Modiselle further urged staff to make optimum use of the exercising facilities in the department provided by the Employee Wellness Sub-directorate.

“When we knock off at the end of the day, it will be more beneficial and rewarding to engage in a 30 minute physical activity as Team Finance. This would help us create a bond of unity that will make us a cog in the service delivery wheel of the North West provincial government”, concluded the MEC.