

MEC Dhlomo to run 21km PMB race for charity; also set to target KwaMashu youth to promote healthy lifestyles

24 February 2018

KwaZulu-Natal Health MEC Dr Sibongiseni Dhlomo is once again leading by example in the promotion of health lifestyles in the province. Earlier today, the MEC participated in the 5km KwaMashu Park Run, which is held at Princess Magogo Stadium every Saturday.

Tomorrow, he will participate in the 21km Pietermaritzburg Witness Marathon for charity. Next week, he will return to KwaMashu to visit several high schools in order to recruit youth and encourage them to participate in athletics and other forms of regular physical exercise.

MEC Dhlomo says: *"I will visit youth at school in KwaMashu this coming week to encourage them to participate in the Park Run in their own area. We also see park runners in the white suburbs that are very well attended. We now have KwaMashu Park Run that is one year and a month old, and some citizens of KwaMashu don't know about it as yet. "*

I encourage everyone to consider taking part in this 5km Park Run next Saturday as a way of exercising and promoting a long and healthy life. People don't fall sick often if their bodies are used to exercising. I am part of these activities as a Health MEC who must make savings on the health budget and get our citizens to live longer. It starts by encouraging young people, hence my road show next week in KwaMashu.



MEC Dhlomo with fellow participants of the Park Run at KwaMashu, Siyabonga Duma (middle) and Zithulele Mazibuko