



# GAUTENG PROVINCE

SPORT, ARTS, CULTURE AND RECREATION  
REPUBLIC OF SOUTH AFRICA

## **STATEMENT**

**To: All media**

**Attention: Sport & News Editors/Journalists**

**Date: 14 May 2021**

### **Hanyani Wellness Programme keeping Gauteng physically active and healthy**

The Hanyani Wellness and Fitness programme continues to promote physical wellbeing of the people of Gauteng with the next stops being Mabopane in Tshwane on Saturday 15 May and Eldorado Park, south of Johannesburg on Monday 17 May.

Leading and taking part in the activities will be Gauteng MEC for Sport, Arts, Culture and Recreation, Mbali Hlophe and local personalities including sports stars.

Launched in 2020, Hanyani programme, which is a xiTsonga word for live-long- has been initiated to inculcate the culture of healthy physical lifestyle among the people of Gauteng. It infuses different elements of physical exercise including YOGA, aerobics, walking and jogging.

The Gauteng Department of Sport, Arts, Culture and Recreation (GDSACR) aims to build the Hanyani Health and Wellness programme into a movement that will turn Gauteng into a space whose people are passionate about physical health and wellbeing.

Speaking on the importance of programme, MEC for Sport, Arts, Culture and Recreation Mbali says; “We wish to get everyone in Gauteng making time with their families and friends to use every available space and field at home and elsewhere to choose to be active. It is important for our workforce, the youth, elderly and everyone to be ready and healthy in meeting the demands of growing a prosperous Gauteng”.

Since its inception the programme has proved to be popular with more people including individuals, families, health clubs and more taking part.

Plans are already underway to increase and expand the roadshows into all communities of Gauteng in informal settlements, townships, and suburbs.

With life gradually returning to normality and with the anticipated vaccination programme, more people are slowly coming back into keeping themselves fit by taking part in physical exercise boot camps; hiking, walking, and running among others.

Dates for more Hanyani roadshow activities will be announced in due course.

**Members of the media are cordially invited to the event(s) as follows:**

**Date:** Saturday, 15 May 2021  
**Time:** 07:00-11:00  
**Venue:** Mabopane Bana Ground

**Date:** Monday, 17 May 2021  
**Time:** 07:00-11:00  
**Venue:** Eldorado Park

Ends

**For media enquiries and more information, please contact:**

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**Issued by the Gauteng Department of Sport, Arts, Culture and Recreation**

