



GAUTENG PROVINCE

SPORT, ARTS, CULTURE AND RECREATION
REPUBLIC OF SOUTH AFRICA

STATEMENT

To: All media

Attention: Sport & News Editors/Journalists

Date: 11 October 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 stop tomorrow, 12 October 2021 in Ratanda at the Multi-purpose Centre.

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

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.

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

Date: 12 October 2021
Time: 07:00 AM
Venue: Ratanda Multi-purpose Centre, Heidelberg

ENDS

For more information, please contact:

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

