



water & sanitation

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INTERNET ARTICLE

Healthy Living is the way as KZN launches internal “Biggest Loser Programme”

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The key to being healthy is maintaining a healthy lifestyle and managing your risk factors by changing to healthy habits.

The Department of Water and Sanitation KwaZulu-Natal (DWS KZN) Employee Health and Wellness launched the “Biggest Loser Programme” under the theme “Mind Your Diet and Move for Your Health” today 17 August 2016.

The programme aims to educate employees by substituting unhealthy habits for healthy ones. This will help staff to reap rewards like more stamina, a better quality of life and a healthier you.

“An unhealthy habit is easy to develop and hard to live with; a healthy habit is harder to develop but easier to live with”, said Susham Naraidoo from Metropolitan Wellness during her presentation.

The programme started with the nurse taking weight and height measurements of all the participants. It was followed by an informative talk by a dietician. Staff members were given an opportunity to ask health-related questions as they prepare to start the programme.

That was then followed by a representative from Virgin Active who helped the participants with an hour long aerobics class. It was a fun-filled exercise which saw at least 30 staff members going through tough exercises.

The programme will run for eight (8) weeks with each Monday allocated to record their weight. There are forty-one (41) staff members enrolled for the “Biggest Loser Programme” with only 2 males as participants. The grand prize for the winner who shall have lost the most weight will be an Exercise Treadmill.

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