

REMARKS BY THE ACTING CHIEF DIRECTOR: CORPORATE SERVICES, Dr MOHAU RAMODIBE, ON BEHALF OF THE HEAD OF DEPARTMENT, ON THE OCCASION OF THE DEPARTMENTAL HEALTHY LIFESTYLE EVENT HELD AT INGWENYAMA RESORT AND CONFERENCE CENTRE, WHITE RIVER, CITY OF MBOMBELA LOCAL MUNICIPALITY

Wednesday, 26 March 2025

- Programme Director, Mr. Sipho (or rather SJ) Nkambule, as he likes to be called (like teachers of our time);
- Fellow colleagues from the Department and from our Public Entities, who we value so much;

Good Morning!

1. Let me start off by extending an **apology from the Head of Department, Ms. Immy Serakalala**, who was billed to address you this morning. However, owing to another crucial engagement with a Portfolio Committee of Parliament, she is now unable to join us.
2. Together with the MEC, they have been invited to a virtual meeting to respond to some questions raised by Parliament.
3. She has requested me to inform you that she is so **much disappointed, for not being able to join us** here this morning.
4. The MEC also extends her greeting to you, and both the HOD and her wish you well in today's activities.

5. The HOD has also indicated that if time permits, after their meeting, she will join us if we are still here.
6. Colleagues, I am here to make a speech, but just to **explain what this essential gathering is all about.**

Why are we here?

7. Programme Director; there's a saying that '***All work and no play makes Nomsa and Themba (not Jack alone anymore), dull girl and boy***', respectively!
8. Yes, we are here this morning so that **we do not end up being dull**; we are here because the Department cares about the well-being of its employees. **A healthy mind and a healthy body produce best results!**
9. Programme Director; this session is basically **aimed at minimising the identified health risk factors**, through participation in indigenous games to promote healthy lifestyles, physical wellness and team building.
10. We are here to **build a stronger and healthier *Team dedt***, as we have been joined by our Public Entities today.
11. Through the activities we have carefully selected, we **intend to enhance coping skills, resilience, promote positive behavioural change, foster cohesion and build cordial working relations** amongst all members of *the dedt* family, which includes our Entities.

12. Colleagues, we have also supplemented the selected sporting activities with some **health checks and screenings**, and we encourage you to check yourselves; it's a **service rendered at no cost to you**.
13. And as a cherry on top, we have also arranged **free half-body massage**, which will be available to you for the entire day.
14. I must also stress that you should not stop to exercise after today's session. **Make exercising part of your daily routine!** And exercising is not only about going to the gym; you could **engage in daily walks or jogging** as well– this is as much effective as going to the gym which you pay for, and it's for free.
15. Plus, some of us religiously pay for our gym membership, but **it is our money that actually exercises**.
16. In closing, Australian television producer and motivational speaker, Rhonda Byrne, once said an I quote: ***“Positive thoughts breed positive results. Surround yourself with good vibes and watch your life flourish”***, unquote.
17. Happy exercising!

Thank you!