

SAMHS INFO BULLETIN

Compiled by Corporate Communication



WORLD MOVE FOR HEALTH DAY 10 MAY

“Move for Health” refers to moderate to vigorous physical activity of any type that anyone can perform anywhere to improve health. It refers to how individuals, communities and nations can promote their health and well-being through healthy lifestyles. The South African slogan for the campaign is; “Vuka South Africa, Move for your health”. The initiative encourages all South Africans to take responsibility for their health, by engaging in cost effective physical activities such as walking, regular exercise and other extramural activities. In order to improve and maintain health, at least 30 minutes of physical activity should be performed daily

Four main objectives

The main objectives of national and global actions on Move for Health Day are to:

- generate public awareness of the benefits of physical activity in the prevention of non-communicable diseases;
- advocate the benefits of physical activity and give attention to good practice;
- increase population-wide physical activity participation in all domains (leisure time, transport, work) and settings (school, community, home, workplace);
- promote healthy behaviours and lifestyles and address health-related issues through sports and physical activity, such as no tobacco use, healthy diet, reduction of violence, stress and social isolation.

The day provides a focal point to generate public awareness of the benefits of physical activity in the prevention of noncommunicable diseases. It is up to each individual Member State to plan and organize the activities

Source: www.info.gov.za