



the sandf

Department:  
Defence  
REPUBLIC OF SOUTH AFRICA

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## **MEDIA RELEASE**

**Date:** 08 March 2018

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**Subject: THE SOUTH AFRICAN NATIONAL DEFENCE FORCE COMMAND COUNCIL PARTICIPATE IN A HEALTHY LIFESTYLE PROGRAMME**

Following a resolute decision taken by the Military Command Council (MCC) to proclaim sport participation compulsory in the South African National Defence Force (SANDF), the Chief of Human Resources (CHR), Lieutenant General Norman Yengeni, in his capacity as the custodian of Physical Training and Recreation, launched a Healthy Lifestyle Programme for the senior management cadre of the SANDF. The programme was launched in collaboration with Sanlam on Wednesday, 07 March 2018 at the Armscor Sport Ground in Pretoria.

The programme focuses mainly on health and wellness. The primary objective is to promote and enhance fitness levels amongst members of the SANDF. With this launch, a precedence has been set for all Chiefs of Services and Divisions of the SANDF to launch similar programmes for all members and to ensure that these programmes are monitored and feedback is given to the MCC quarterly to ensure prolonged sustainment of the various programmes. It is expected of each and every member of the SANDF to ensure that fitness and wellness are prioritised. Fitness and wellness ensure that soldiers are and remain combat ready.

True to the example set and comments pronounced by the Commander-in-Chief, the Honourable President Cyril Ramaphosa on Wednesday, 07 March 2018 on promoting and maintaining a healthy lifestyle (**#TummyMustFall**), the SANDF command cadre is steadfastly resolute in enforcing the Chief of the SANDF's (C SANDF) drive to make physical training a top priority amongst the rank and file members of the military.

**Ends.**

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