



Central Bank of Swaziland

Governor's Talking Points: 8 July 2017

Annual Aerobathon

Programme Director

Minister for Sports, Culture and Youth, Hon. David Ngcamphalala

Organizing Team

Participating Teams

Sponsoring organization

Media houses represented here

Distinguished Ladies and Gentlemen.

INTRODUCTION

- Hon. Minister, I would like to begin my address by expressing apologies on behalf of the Governor. He was destined to be here. Unfortunately, he had to travel outside the country on other Central Bank business.
- On behalf of the Central Bank allow me to extend my appreciation to all of you for responding positively to our invitation to be a part of the 2017 edition of our annual aerobathon.
- Once again, we note with profound appreciation the presence of the Honourable Minister - a demonstrating through actions of his genuine willingness to promote a healthy nation through sports.

- Indeed, the Minister is a man of action - a trait that most of us should learn from.

WHY PHYSICAL EXERCISE IS IMPORTANT

- Scientific studies have shown that chronic diseases of lifestyle such as hypertension and diabetes mellitus are major causes of mortality and morbidity globally.
- In Swaziland hypertension and heart diseases have been on an increase since the early 1990s, responsible for about over 30 000 deaths per year.
- Regular physical activity is widely recognized as a means for primary and secondary prevention of chronic diseases of lifestyle.
- The World Health Organization encourages adults aged between 18 - 64 years to do at least 150 minutes of moderate-intensity physical activity throughout the week, or do at least 75 minutes of vigorous-intensity physical activity throughout the week, or an equivalent combination of moderate-and vigorous-intensity activity.
- Adults aged 65 years and above should do at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity.
- Being responsible for fostering financial sector stability conducive to economic development in the country, the Central Bank recognizes that without a physically active and healthy workforce in Swaziland there can be no financial sector stability.
- Honourable Minister, it is for this reason that as the Central Bank of Swaziland we have committed to an active and well- resourced Wellness Programme for our employees.

SUPPORTING THE MINISTRY'S VISION

- We are also cognizant of your Ministry's aim of ensuring that all citizens are provided with opportunities to be involved in sports and recreation at all levels in order to realize their full potential and improve their quality of life.
- In support of this objective, we continue to extend participation to all other interested institutions and individuals.

CONCLUSION

- In conclusion, may I once again on behalf of the Bank extend our appreciation to all companies, organizations and individuals who have partnered with us in this exciting and very rewarding full day event.
- Our gathering today would not have been successful without you.
- Congratulations to all those who have already completed the first part of the event - the 25 km fun run/walk.
- I now invite you to be a part of the second session of the festivities - the aerobathon which shall follow shortly.
- Test your endurance and have fun doing it!
- Thank you and have a very rewarding day.