

agreed time.

T: 012 842 0300

## Promoting a healthy way of life for Pta residents

## E int Mahlase

oyd Mashego started a fitness programme 2010 after inspiring people with his own dication to keep fit.

"My Computer" as Mashego is known, arted jogging at the Union Buildings. His st friend, Ananius, decided to join him. cople got inspired by seeing them exercise ery day. But the pair did not know how to art a fitness campaign. Floyd and Ananius cided to assist everyone who wanted to in them for a healthy lifestyle

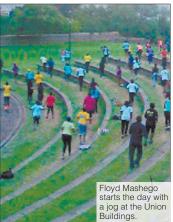
After recruiting a number of people, they

decided to have an official open platform where everyone could take part in daily sessions.

"Our sessions are held Monday to Friday from 06:00 to 07:00. Our objectives are to promote good health, fitness, determination and promotion of recreation and a healthy lifestyle," Mashego said. Most people benefited greatly from the

programme and have managed to stay active most of the time, which also helped them lose weight and improve their health.

"My dream is to own my own gym in future, because I love inspiring people."





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