

## Promoting a healthy way of life for Pta residents

## Eliot Mahlase

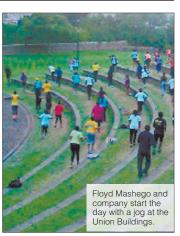
Floyd Mashego started a fitness programme in 2010 after inspiring people with his own dedication to keep fit.

"My Computer" as Mashego is known, started jogging at the Union Buildings. His best friend, Ananius, decided to join him. People got inspired by seeing them exercise every day. But the pair did not know how to start a fitness campaign. Floyd and Ananius decided to assist everyone who wanted to join 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 ses sions.

"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.

Iffestyle," Mashego said. Most of the 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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