

Open Air Gym Launch June 2019

Good Afternoon Students and Colleagues,

Thank You for braving the winter chill to launch CPUT's first Open Air Gym. We have been in discussion about developing this gym for a few months and when the Residence Business Unit pitched the concept I immediately supported it, because the open-air gym is more than just a project, it is an investment in student and staff health and wellness.

Our President, Cyril Ramaphosa, has been vocal about his vision for South Africans to be more active and his many walks around the country have become synonymous with his leadership. Open Air Gyms, like this one, are a daily, in your face reminder, of the benefits of exercise.

Instead of eating your lunch at your desk or chatting with classmates why not try something different and spend your break in the open air gym. The more you do that, the more you will encourage others to do the same.

If you scan the area you will also see that the Open Air Gym is also an investment in the infrastructure of CPUT.

- The location has been carefully considered and as you can see it is easily accessible for all
- Plants and trees have been added to the area and in time they will provide welcoming shade and an inviting space
- The pathways and benches have been added to encourage staff and students to linger longer

Bellville staff and students are the lucky recipients of phase one of the project and plans are afoot to take the concept to other campuses in due course. I hope that the next time I pass by this way I will see staff and students taking full advantage of the space. If you do, more initiatives like this are sure to follow.

Thank You

