

**MEDIA STATEMENT: 18 JULY 2023  
FOR IMMEDIATE RELEASE**

**BOTSHILU PRIVATE HOSPITAL ANNOUNCES THE ANNUAL COLOUR FUN WALK/RUN TO ENCOURAGE  
A HEALTHY AND ACTIVE LIFESTYLE**

**Pretoria, Soshanguve-** Botshilu Private Hospital, a leading advocate for community health and wellness, is thrilled to announce the highly anticipated annual Botshilu Colour Fun Run/Walk event. The event is set to take place on Saturday, 22<sup>nd</sup> of July 2023 at Botshilu Private Hospital. The main objective of the event is to promote a healthy and active lifestyle while bringing the community together for a day of fun and fitness.

The Botshilu 8km Colour Fun Walk/Run is open to people of all ages and fitness levels, encouraging participants to walk, jog, or run at their own pace. The distance is 8km, but participants can choose the distance that best suits their abilities and goals.

“This inclusive approach aims to engage and inspire participants to embrace an active lifestyle while enjoying the camaraderie of the community”, explains Dr MJ Rampedi, CEO and Founder of Botshilu Private Hospital.

The event will provide a free educational platform where the importance of physical activity for overall well-being will be emphasised.

“Regular exercise has numerous benefits, including increased cardiovascular health, improved mental well-being, and reduced risk of chronic diseases. By participating in the event, individuals can take a proactive step towards improving their health and setting an example for others”, said Dr Rampedi.

This prestigious event will also support a worthy cause as it is celebrated in conjunction with International Mandela Day, with the backdrop to give back 67 minutes to the community through activities that will assist in keeping the participants fit, healthy, and well-equipped with valuable health information by our various in-house specialists and other healthcare professionals.

“We are elated to be hosting this event that will be combining the spirit of giving with the enthusiasm for fitness, participants can make a positive impact on the community while enjoying a day of physical activity. Local business service providers have also been invited to exhibit, giving them a valuable opportunity to be seen as active and supportive organisations in the community, whilst showcasing their products and services”, mentioned Ms Boitumelo Mphake, Stakeholder Relationship Manager.

In addition to the main event, the Botshilu 8km Colour Fun Walk/Run will feature fun-packed activities and attractions for all attendees and participants; from exhibition stalls offering various goodies to aerobics sessions. There will be something for everyone to enjoy.

“People can expect a lively and energetic atmosphere that encourages connection, laughter, and celebration of a healthy lifestyle”, concludes Ms Mphake.

Botshilu Private Hospital would like to extend its gratitude to all sponsors, partners, and volunteers who have generously contributed to the success of the 2023 Botshilu 8km Colour Fun Walk/Run. Their support enables the hospital to create a memorable and impactful event for the community.

Registrations for the Botshilu 8km Colour Fun Walk/Run are now open, and interested participants can sign up at [www.botshilu.co.za](http://www.botshilu.co.za) or walk into our hospital to register onsite using manual forms. Early registration is encouraged to secure a spot and take advantage of special offers such as t-shirts that will be given to the first 500 entrants.

Botshilu Private Hospital is a private hospital located at Soshanguve and is dedicated to promoting community health and wellness. Through various initiatives, events, and educational programs, the hospital strives to inspire individuals to lead active and healthy lifestyles while fostering healthy relationships with the community. Botshilu Private Hospital firmly believes that a healthy community is a vibrant and prosperous community.  
>end<

---

For more information, please visit [www.botshilu.co.za](http://www.botshilu.co.za) or contact:

Boitumelo Mphake: Stakeholder Relationship Manager; Botshilu Private Hospital

Tel No.: 012 798 7000; Cell No.: 072 202 2601; Email address: [tumi.mphake@phelangbonolo.co.za](mailto:tumi.mphake@phelangbonolo.co.za)