

Comment

QUOTE OF THE DAY

Speaker Anita Amon
and I am saying in 2031... I am

EDITORIAL

Exercise is the key to a healthy life

Non-communicable diseases such as obesity, diabetes, hypertension, and heart ailments have risen over the years, claiming thousands of lives. The sedentary lifestyle that many Ugandans live plays a big part in the exponential increase of these diseases. Currently, few people engage in physical exercises that are essential to burn excess fat, which, if left to accumulate in the body, can be detrimental, leading to the above-mentioned diseases.

Most people travel by car or motorcycle, even for short, walkable distances. When they arrive at their destinations, they spend most of their time seated, to the detriment of their health.

The Issue:

Physical exercise

Our view:

To keep non-communicable diseases at bay, we call upon the government to ensure that roads have pavements and penalise motorists and boda boda operators who mount them. Furthermore, dedicated cycling lanes should be built to encourage people to use bicycles as a means of transport.

Cycling, an activity that is highly beneficial to the health of participants, is practiced only by a few people in the capital Kampala, a city with a daytime population of four million people.

Furthermore, some schools have discarded co-curricular activities such as sports, emphasising classwork. This has to some extent also contributed to ailments such as obesity among learners.

The way our roads are designed is also to blame for the sedentary life of people living in urban areas.

Many of our roads do not have pavements that are essential for the safe travel of pedestrians. Currently, pedestrians are forced to jostle for space on narrow roads with those travelling by car and motorcyclists.

Because of the prevailing conditions, people who could have willingly walked to their destinations are compelled to use cars and motorcycles.

The poor design of our roads and streets also hinders cycling. Our roads do not have bicycle lanes, and this endangers the lives of cyclists who venture onto our roads teeming with unruly motorists and boda boda operators.

To keep non-communicable diseases at bay, we call upon the government to ensure roads have pavements and penalise motorists and boda boda operators who mount them.

Furthermore, dedicated cycling lanes should be built to encourage people to use bicycles as a means of transport.

The government must also compel all schools to include extra-curricular activities such as sports in their programmes.

It is also imperative that people take charge of their health by eating properly and ensuring they do exercises.

There are several exercises such as push-ups and squats that do not require a lot of space to conduct. Some of these exercises can be conducted at home and even at workplaces.

A simple exercise regimen can keep you healthy and spare you the burden of footing medical bills for chronic diseases.

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