

Ugandan Rotarians intensify fitness and wellness workout sessions

By Michael Nsubuga

Members of the Rotary Fellowship for Fitness & Wellness are determined to continue advocating for the fitness and well-being of their members as they voluntarily serve communities and tackle pressing humanitarian challenges.

According to Maureen Kawombe, the secretary for the fellowship, they will continue coming together with like-minded people who believe that people who are fit and well are better leaders.

"If we have to serve communities as Rotarians, which we do quite a lot, we need to be fit and healthy," Kawombe said after a workout session led by fitness expert Robert Ssebugwawo at Shell Club, Lugogo on Monday.

"What this means is we are serving our body first. We are making sure that we are in good condition, and



Rotarians pose with fitness and wellness instructor Robert Ssebugwawo (centre) after a workout

therefore, we are encouraging Rotarians all over the world to exercise their bodies in order to keep away from the non-communicable diseases so they are healthy, they don't

have to spend on medication in old age, they keep active, but also eat well, check their health every day, and see their doctor."

Kawombe noted that there

is a need for aged people to take the fitness and wellness message seriously by exercising, eating well, doing health check-ups, and keeping mentally well in order to serve

communities while they are fit and healthy.

The Rotary Fellowship for Fitness & Wellness meets every Monday at 6pm at Hotel Africana and every Saturday

PHOTO BY OLIVIA NAKATE

at Sheraton Hotel, which doubles as a virtual session open to all members of the fellowship.

"We have members from all over the world in this fellowship. And they are loving it. We have a step-up challenge where members take challenges every day and see how many steps they are taking every day. What this helps is they are able to motivate themselves to keep moving, because as you move, then you keep fitter, you keep healthy, and you keep very active. And we have seen that people who are very active are more productive than those who are docile," Kawombe added.

Ssebugwawo, the champion of the Rotary Fitness and Wellness Fellowship program, said that he realized that for all Rotarians to be impactful, productive, creative and innovative human beings, they must be fit and healthy.

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