

Sports for all Wellness Programme

The Programme was initiated as a means to address the overall inactivity and decline in health of civil servants. It was adopted as a strategy to promote health and wellness and to combat Non Communicable Diseases (NCD) in the civil service.

It is expected that this program will achieve the following objectives:

- Increases health and wellness of individuals and society;
- Reduces money on health care bills;
- Maintaining knowledge and experience in the workforce by not losing people in their prime
- Increase productivity in the workforce

Wellness sessions in the Ministry are held every Thursday and Friday from 3:30pm-4:30pm. These sessions are facilitated by officers of the Ministry's Sports Unit.