



Cardio and Strength Gymnasium Opens its doors to members

By Maditsi Matlala

SMU's mandate to produce well trained and completely rounded health care professionals has taken another significant leap forward, with the opening of a Cardio and Strength Gymnasium (CSG) today. Located at the Sports Complex, the gym boasts a lot of new state of the art gym equipment to cater for 16 different student sporting codes, staff and community wellness needs and interests.

The new equipment comprises amongst other things: four bikes, for cycling enthusiasts. Three treadmills, eight Cardio Machines for those who love cardio exercises to break a sweat, a stepper and lots of various weight sizes, for those who like pumping iron for body building purposes. The unveiling of the equipment is in line with the grand plans to improve the lives and experience of SMU students.

Speaking at the opening ceremony of the CSG to a captive audience consisting of team coaches, team leaders and staff, Vice – Chancellor Prof Peter Mbati emphasized that as a predominantly health sciences focused university, the opening of CSG will go a long way to give physiotherapy students better opportunities to hone their classroom theoretical skills through clinical exposure to sports injuries that gym members often sustain.

"Using the gym is a good habit to develop, as young people. But it is also good for staff to exercise", said Prof Mbati. The CSG is located under the same roof as Sports Injury Rehabilitation Unit (SIRU), within the Sport Complex, which makes access easy for gym users.

The VC urged the management of the CSG to "take care of the equipment, keep it clean and well lubricated at all times," within the limitations of the university's budget. Mbati also enthused about the opportunities that the CSG will avail to the students to conduct research.

Dr Irene Mohasoa, the Executive Director for Student Affairs, also emphasized the importance of embracing healthy lifestyles not only on the part of students, but also staff and members of the Ga-Rankuwa community. By giving the Ga-Rankuwa community access to the CSG, SMU is thereby fulfilling its core business of community engagement through use of the gym and exposing them to the services that SIRU offers.

Dr Mohasoa added that "sports is health, sports is life", when students and the community embrace healthy lifestyles, it enables the country to realise United Nations (UN) Sustainable Development Goal of fostering healthy nations by eradicating lifestyle diseases such as obesity, Diabetes etc, through active lifestyle.

Mr Tshepo Lechaba, the Acting Deputy Director, Sport and Recreation outlined plans that the university is embarking upon to improve the extracurricular experience of university students, one of which is to refurbish the Olympic size swimming pool. The gym charges a modest amount to the users.