

Boxing for health and fitness

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THE former World Boxing Council (WBC) heavyweight champion boxer Thulani 'sugar boy' Malinga in partnership with Afrika Tikkun launched the health and fitness programme to pass on his boxing skills to young kids at Phuthadichaba Centre on 24 January. Malinga (62) was accompanied by former champion Gregory Clark and his son Vusi. Malinga is the health and fitness ambassador for Afrika Tikkun

community centres. Afrika Tikkun is the organisation that seeks to provide education, health and social services to young people and their families. It has four centres in Gauteng and one in Cape Town.

"Through this health and fitness programme we hope to introduce young kids to the fitness regime at an early age so that it can become the habit. We use this programme to educate children to be responsible for their health and to engage in various sports to keep them fit, said Thomas Taole, Afrika Tikkun's sport devel-

opment manager. "Anything that has to do with community development propels me to intervene in the social ills faced by our youth because engaging children in such programmes will keep them away from falling astray," said Lehlogonolo Ledwaba. The health and fitness programme is set to run for two days in a week at the Phuthadichaba Centre. Parents are advised to allow their children to join the programme after school. For more information call the sport development manager Thomas Taole on 083 499 7223



Sugar boy Malinga transferring his boxing knowledge and skills to the kids
Pic: Kholofelo Mhlanga