There are simple options to help gain degrees of fitness.

- Walk!! Recommended 10,000 steps a day!! Impossible you say… purchase a pedometer to discover!
- Walk faster
- Eschew motor vehicles and walk
- Do not sit for longer than 30 minutes at a time
- Keep moving.. when on the telephone (easy with a mobile)!… when at the computer, stretch, move the head from side to side
- Breathe deeply .. have you seen the Blitsbokke at their half-time breathing?
- Use the stairs

Yes, KC, our CEO, has it right…. Mens sana in corpore sano

But lets look further at Juvenal.. he was a satiric poet but here are some of his thoughtful words:

It is to be prayed that the mind be sound in a sound body.
Ask for a brave soul that lacks the fear of death,
which places the length of life amongst nature’s blessings,
which is able to bear whatever kind of sufferings,
does not know anger, lusts for nothing and believes
the hardships and savage labours of Hercules better than
the satisfactions, feasts, and feather bed of an Eastern king.
I will reveal what you are able to give yourself:
For certain, the one footpath of a tranquil life through virtue.
Juvenal. The Sixteen Satires.

Will we see you at Walk the Talk?

OBITUARY

Dr Harry G de Wet
10 September 1963 - 21 May 2017

Sadly Dr Harry de Wet passed away on Sunday 21st May in a light aircraft crash.

Harry was the beloved husband of Gail, a devoted and proud father of Chris and Natalie, a colleague and friend to Dr Piotr Kalebka, Leanni Shaefner, Robynne Linklater and Dr Steven Kingsley and a respected and well-loved dentist to his patients.

Affectionately known as "The Gentle Giant". Harry was devoted to his patients and would always go the extra mile for them, even working on public holidays or flying back from family holidays to see to an emergency.

Harry qualified with a BDS from Wits in 1988 and later a qualification in Implantology from the University of Stellenbosch.

He served two years in the Defence Force before moving in to private practice, where he became known for his clinical excellence in general dentistry, orthodontics and implantology.

Whenever possible, Harry would escape the busy dental surgery for the African bush or to indulge in his absolute passion, .flying his Piper Arrow or his beloved Yak, known by many of us as his mistress.

Harry epitomised the sentiment of the words of the poem "Impressions of Pilot" by Gary Claude Stoker:
"Flight is freedom in its purest form"

He will be sorely missed by his family, friends, colleagues and his staff.
MAY HIS SPIRIT SOAR FREELY WITH THE EAGLES.

Robynne Linklater