

Let's Run and Walk Together for Health Programme

Volunteer Manhours: Nil
Total Number of Beneficiaries: Nil
Actual Amount Invested in Community: Nil

April 2024



Program Description:

Wasco Isoaf recently organised a highly successful walk and run for its workforce. The departure point for the walk and run was Sojo, the location of the pipe coating plant, and the finishing line was Kagongwa, a key town on route to and from the coating plant. The distance between Sojo and Kagongwa is 17 km.

The walk and run coincided with other health-focused activities organised during April, the month in which World Health Day is celebrated globally. The motivation for the walk and run, however, was not exclusively with health goals in mind but simply to embark on a joint activity as workforce, and to have fun together as team and colleagues. The health benefits were a bonus!

The activity took place at the end of the workday on Saturday the 13th of April. 101 personnel – representing more than 25% of the workforce – participated in the activity. Shortly after 16:00, different groups comprised of men and women with a similar fitness level and goals, started off from Sojo, some walking, some running, and some doing a bit of both.

The activity was characterised by a palpable enthusiasm prior to, during and after the walk and run. Even along the route, the enthusiasm was evident as the walkers and runners were cheered on by colleagues and communities all along the road.

The end result was more than the burning of calories or a cardiovascular workout: people made new connections, formed a joint positive point of reference, and some walked and ran a greater distance than they normally would, or could on their own, because the finishing line was easier to reach together as a team.