



Health Promotion Programmes and Physical Activity Levels in South African Commercial Bank Employees: An Analysis

Sipho Motshega¹, Gugulethu Nkosi², Thandiwe Ngcobo², Makgosie Lekhona^{3,4}

¹ University of Cape Town

² University of the Witwatersrand

³ Nelson Mandela University

⁴ Graduate School of Business, UCT

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Correspondence: smotshega@outlook.com

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Author notes

Sipho Motshega is affiliated with University of Cape Town and focuses on Medicine research in Africa.

Gugulethu Nkosi is affiliated with University of the Witwatersrand and focuses on Medicine research in Africa.

Thandiwe Ngcobo is affiliated with University of the Witwatersrand and focuses on Medicine research in Africa.

Makgosie Lekhona is affiliated with Nelson Mandela University and focuses on Medicine research in Africa.

Abstract

South African commercial bank employees are at risk of sedentary lifestyles due to their work environment, which often involves prolonged periods of sitting. A mixed-methods approach was employed, including a survey to measure physical activity levels and qualitative interviews to gather insights into programme participation and satisfaction. Among the surveyed employees, 45% reported an increase in moderate-to-vigorous physical activity (MVPA) after participating in health promotion programmes, with MVPA ranging from 10 minutes per day to over one hour per session on average. Qualitative data indicated strong participant engagement and satisfaction. The findings suggest that targeted health promotion programmes can effectively encourage moderate-to-vigorous physical activity among South African commercial bank employees, particularly when tailored to their specific work environments. Commercial banks should consider implementing more engaging health promotion initiatives and monitoring the long-term impact of these programmes on employee well-being. South Africa, Commercial Banks, Health Promotion Programmes, Physical Activity Levels Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Sedentary Lifestyle, Health Promotion, Physical Activity, Workplace Interventions, Quantitative Research, Qualitative Analysis*

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