

Health Tidbits

Why Not Take The Stairs Instead?



Work out experts tend to agree that taking the stairs might be more beneficial than jogging, walking or running.

When you stair climb, you burn twice the fat in half the time than if you run and three times more than when you walk.

Climbing a flight of 10 steps of stairs is equivalent to taking 38 steps on level ground, according to a professor in the department of kinesiology, recreation and sport studies at the University of Tennessee. In an hypothetical example, Kawi House Complex has 140 stair steps from basement to 5th floor, which means taking the stairs up and down twice a day is equivalent to walking 2120 steps or walking for a kilometre.

Stair climbing builds muscles in the lower body and burns calories as your muscles are forced to resist gravity and move in a vertical pattern. When you move your body vertically, you place high demands on the lower body.

You burn about 0.17 calories for every step you climb and every stair descended burns about 0.05 calories on average.

A 54kg person burns about 235 calories when climbing stairs for 30 minutes or you can climb up and down a 10-storey building for 5 times to burn around 500 calories.

REREC Supports The Vulnerable In Korogocho



REREC donates food stuff to the vulnerable Korogocho residents

REREC has donated foodstuff to 100 vulnerable residents in Korogocho, Nairobi County as part of its Corporate Social Responsibility (CSR). Those who benefitted from the donation included; people with disabilities, the sick (cardiac, diabetic), extremely poor, isolated elderly people and children.

The main objective of the initiative was to cushion the vulnerable residents of Korogocho during this pandemic period. It was undertaken courtesy of the Korogocho Support Group and Senior Chief Nashon Kaleb Opiyo.

The Korogocho Support Group was started in 1978 to assist the vulnerable people in the area who are in need of care. Every week, the Support Group visits the residents and offers anything that has been collected from wellwishers including money, medicines, food and clothings.

Speaking during the event that was held at Korogocho grounds, Senior Chief Opiyo said that many residents who are casual workers in the area lost their jobs due to COVID 19 pandemic and it has been difficult for them to fend for their families. He added that the donation was a timely and would atleast give them energy to go out and work.

Korogocho is one of the largest slum in Nairobi, Kenya is home to approximately 150,000 people.

Projects Progress Report



30 projects were commissioned in the week ending 06/08/2021, in various parts of the country.

The total number of commissioned projects currently stands at 1050 as compared to 1020 projects that had been commissioned by 30/07/2021. The number of projects in progress is 1268 out of the commulative 2318 projects under implementation in the in 2020/2021 FY. 205 projects are awaiting either joint inspection, shut down or commissioning.