ABSTRACT
Physical activity and lifestyle choices may have a significant impact on the individual’s health status. The health status of the employee has a direct impact on his/her productivity, thus influencing the success of any business. The aim of this study was to determine the influence that physical activity and lifestyle choices has on the coronary health status of employees at an electricity supply company in South Africa. One hundred and seventy nine (N=179) volunteers took part in the study. The physical activity index of the participants was determined by the use of Sharkey and Gaskill’s (2007) Physical Activity Index questionnaire (PAI). The lifestyle index was determined by the use of Belloc and Breslow’s (1972) Lifestyle Index questionnaire (LI) and the coronary risk index was determined by the use of Bjürstrom and Alexiou’s (1978) Coronary Index questionnaire (CRI). The respondents’ ages varied between 25 and 65 years (x = 46.1 ± 9.5). Analysis of the data identified age, gender, exercise and stress to be the four major contributers to coronary heart disease. The majority of employees were unaware of their cholesterol, systolic and diastolic blood pressure status. The relationship between the level of physical activity participation and lifestyle choices with the development of coronary heart disease was determined by the use of the Tuckey Post Hoc test. This information can be helpful with the planning of wellness programs. These wellness programs aim to improve the employees’ coronary health status by motivating them to increase their level of physical activity and make better choices in terms of lifestyle behaviors.

Key words: Physical activity; Lifestyle; Coronary risk factors; Wellness; Corporate sector.