

The Business Update

NEWSLETTER

November 2024

THIS AND THAT

Berkshire added Pool Corp to its portfolio which is the world's largest wholesale distributor of swimming pool supplies, equipment and related leisure products.

Takealot says it is facing increased competition from Amazon and Temu in South Africa.

In its interim results for the six months ended 30 September 2024, parent company Naspers said that the Takealot Group sold Superbalist, which will accelerate the group's path to profitability. The Takealot group business continues to face a slow-growing macroeconomic environment and increased competition from Temu and Amazon.

S&P Global raised the outlook on SA's rating from stable to positive, giving a surprise nod of approval to the government of national unity's (GNU) reform agenda. The ratings agency's move could result in it upgrading the rating if economic growth and the public finances improve faster than expected.

Old Mutual has already spent R1.75 billion to build its core banking system and has committed another R800 million ahead of the planned launch of its bank before year-end. The group's bank will target the mass market, which is dominated by Capitec with more than 21 million customers.

The Shoprite Group has completed what it describes as its largest-ever point-of-sale (POS) implementation at 29 191 till points across South Africa. The retailer said it implemented a new POS system "to enable seamless, integrated shopping across digital and in-store channels.

Amazon has launched Haul which is Amazon's biggest effort yet to take on rising discount giants like Temu and Shein as shoppers continue to feel the pinch of inflation.

DISCOVERY ANALYSED A MILLION PEOPLE'S HEALTH HABITS - HERE'S WHAT THEY FOUND

South Africans walking 15 000 steps a week can help save the country R6 billion in hospital costs while extending lives, according to a recent study by the London School of Economics and Discovery Health.

Looking at one million Vitality members from South African and the UK over a decade, the study shows that the person's life expectancy is also expected to increase by two to three years, while their mortality risk decreases by 22%, when walking 5 000 steps three times a week. The results were taken from physical health screening by Vitality members and information from the Discovery Health platforms.

The study said a habit of physical activity for three days a week is associated with a 10% reduction in hospital healthcare costs. A 13% reduction can be expected when sustaining an average of more than three days of physical activity in a week for two years-regardless of intensity.

Discovery Vitality SA CEO Dinesh Govender said "if half of the inactive adult population began consistently walking 5 000 steps once a week and those who have poor exercise habits began consistently walking 5 000 steps three times per week, we estimate that the Discovery Health Medical Scheme can save roughly R6.3 billion per year. Meanwhile, in the UK, walking 7 500 steps more than 5 times a week could reduce mortality risks by 2.7%. However, according to the index, this could jump 52% if the person is over 65.

"Firstly, every little increase in your activity makes a difference," Govender told New24 "This shows us that a few more steps every day, even if you start in your 60's or 70's, will positively impact your health." "Secondly, this leads to habit formation.

When our actuaries did the analysis, 7 500 steps was the maximum incremental improvement for your life expectancy, which is new because we always talk about 10 000 steps." he said adding: "Now we can tell people to start walking and say, if you walk away from your couch and do 5 000 steps three times a week, you will add three years to your life".

Consistency is key according to Govender, participants were more likely to stick to their health goals and form their exercising habits in week nine or ten if they exercised consistently.

"People who set low-intensity goals were more likely to stick to their habits." he said. Govender said the study also revealed the "simplicity" of benefiting from exercise, he said.

"Telling someone who does not exercise to take up running or to join the gym is barrier, especially if they are older. However, if you tell people that by being more active they can reduce their risk of death, diabetes, and cancer, they will likely be more motivated. Govender said that humans were born to walk, and walking is the most accessible of all activities.



Sources:
Business Insider; EWN, That Extra bit,
wanted on line, Statista, Daily News;
Business Tec, News24

source: Bussiness Tech

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CURRENT LIFE EXPECTANCY

50% chance of survival until life expectancy

CURRENT AGE	MALE	FEMALE
55	83	88
60	84	88
65	85	89
70	86	89
75	87	90
80	89	91
85	92	93

TOP FINANCIAL CONCERN BY GENERATION

Having Enough Money for a Comfortable Retirement (2024)

Having Enough Money for Retirement (2022)

43%

Gen Z

35%

54%

Millennials

50%

48%

Gen X

52%

29%

Baby Boomers

29%

44%

Total

43%



Kindly note that the office will be closing on Monday 23 December 2024 and opening Thursday 2nd January 2025.

**HAPPY HOLIDAYS AND
HAVE A WONDERFUL NEW YEAR !**

Sources:

Business insider; EWN, That Extra bit, wanted on line, Statista, Daily News; Business Tec, News24



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