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PRESS RELEASE

FNU partners with FPF

Suva, Fiji Islands. The Fiji National University (FNU) and the Fiji Powerlifting Federation (FPF) have signed a Memorandum of Understanding (MoU) with the objective of further strengthening sports education, training and research.

The partnership will establish a sustainable foundation to promote healthy living and will add on to the various initiatives being promoted by Government through the Ministry for Health targeted towards the fight against non-communicable diseases (NCDs) in Fiji.

FNU Vice Chancellor Professor Nigel Healey said this partnership is important and one which also fitted in well with the University's Wellness Program.

"The Fiji National University is proud to have formed a partnership with the Fiji Powerlifting Federation, which has over the years contributed immensely to the sport, as well as health and fitness in general," said Professor Healey.

"FNU and FPF have a common interest in the fight against non-communicable diseases (NCDs) and the partnership in this area is to advance this cause through sports training, physical exercise and healthy living. The Fiji National University also has a Wellness Program for its staff, where staff engage in wellness activities between 4pm-5pm either on Tuesdays or Thursdays. This is intended to assist our employees to balance their work and at the same time encourage them to maintain a healthy lifestyle," added Prof Healey.

FNU VC said this partnership will contribute to the development of sports in the country and commended FPF for initiating this agreement.

"This agreement will provide consistency, and a focal point, for the preparation and administration of programmes that are geared towards the achievement of this goal. As the national university, we aim not only to provide the best teaching and learning environment to our students but also contribute to policy making through our research."

Fiji Powerlifting Federation President Mr Eric Jioje acknowledged the Fiji National University Vice Chancellor, Professor Nigel Healey for initiating the partnership.

The national rep said this collaboration was a milestone achievement for the Federation.

"Over the year FPF has been training and grooming athletes for national and international championships where FPF has sent athletes to Commonwealth Powerlifting Championships,

World Powerlifting Championships and the South Pacific Games (which is now called the Pacific Games). Some of these athletes are from FNU's Colleges of Engineering, Science & Technology and Business, Hospitality & Tourism Studies and some were from the Fiji Institute of Technology (FIT) days. We are indeed honoured to have FNU onboard as a partner and we look forward to working with the University and taking powerlifting to greater heights," said Mr Jioje.

"Powerlifting is a strength sport where you compete in the squat, bench press and deadlift which allows you to build muscle and burn fat. Powerlifting, like other forms of heavy resistance training, strengthens your skeleton and reduces your risk of injury in other sports and activities.

"We strongly support FNU's wellness program as it creates awareness on healthy living and food choices leading to a healthy and balanced work environment for all its staff," added the FPF President.

For further information, please contact the Communications Office on 339 4000 extension 2890/2886 or Senior Public Relations Officer, Ranbeer Singh on Email: SPRO@fnu.ac.fj or Phone: 9895267 or the Fiji Powerlifting Federation President, Mr Eric Jioje on 672 4889 extension 6002 or Email: eric.jioje@fnu.ac.fj

About the Fiji National University: The Fiji National University (FNU) was established through the merger of 7 government-owned tertiary institutions in Fiji, and commenced operations from 1 January 2010. The constituent institutions are found at over 40 different locations across Fiji, and collectively offer Certificates, Diplomas, Advanced Diplomas, Degrees, Postgraduate qualifications and Skills Upgrading for those who are already in employment. Approximately 30,000 students pass through the University each year. Over the last six years of its operations, the University has registered major achievements with regard to new programme delivery, quality improvements and contribution to research and publications via its 5 Colleges: The College of Humanities & Education (CHE), the College of Medicine, Nursing & Health Sciences (CMNHS), the College of Engineering, Science & Technology (CEST), the College of Agriculture, Fisheries & Forestry (CAFF), the College of Business, Hospitality & Tourism Studies (CBHTS) and the National Training & Productivity Centre (NTPC).