



Participants stretching before FNU's Walk for Health initiative.

FNU organises Walk for Health initiative

The Fiji National University's (FNU) Labasa Campus organised a five-kilometre Walk for Health during the weekend to promote a healthy lifestyle and engage the community in an ongoing fight against non-communicable diseases (NCDs).

About 120 participants from the university, government ministries, businesses and local communities, participated in the fun event. Members from the Fiji Police Force and National Fire Authority were on-hand to guide and provide assistance to participants.

Head of Labasa Campus, Pardeep Lal said the intention was to promote better health, develop the spirit of team bonding, and encourage the community to live an active and healthy lifestyle with a balanced diet and regular exercise.

He said this was important as most workers were busy at work



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for eight or more hours daily and usually did not have time to engage in physical exercise.

"NCDs have become a common health issue affecting our citizens, and we need to take a stand ourselves and address the issue because we need to be the change that is needed," Lal said.

"The participants enjoyed Zumba and exercise session conducted by the Fiji Sports Commission and a road safety brief before the walk."

"We walked along a pre-planned route around Labasa town, and this shows that we do not have to pay money and go to a gym or buy expensive equipment to exercise and stay fit because these are simple activities we could do daily."

"A lot of interest has now been generated by participants, and we see this as a good sign, and we encourage them to continue living a healthy life."

Lal said a speech to encourage everyone was given by experienced lawyer and prominent Vanua Levu resident Ami Kohli.

Kohli encouraged all participants to develop the habit of walking daily, saying this practice has enabled him to keep fit and live a healthy lifestyle.

He thanked FNU for undertaking such an initiative and encouraged for more similar activities to be organised regularly.