

JANUARY NEWSLETTER 2019

EVENTS

- First FUNSHAKE for the Year 2019
- Sponsorship Recipients
- 'Amanaki Fo'ou Education Group visits TongaHealth
- Photo Galleries

Improve Your Wellbeing with TongaHealth's FUNSHAKE

TongaHealth started the year with their first monthly FUNSHAKE event on the 31st of January 2019 at the space between the Nuku'alofa main bus stations.

TongaHealth, as the leading agency to eliminate the growing risks of NCDs in Tonga, initiated the FUNSHAKE in August last year to encourage Tongans to improve their wellbeing through physical fitness through Zumba. Events are held on the last Thursdays of the month.

Kiko, the Instructor and team from the Breakthrough Church is one of our working partners. He made sure that every Thursday would turn out just as energetic as the first round with different kind of moves that include squats, lunges and choreography that moved attendees and even the bypasses



joined.

TongaHealth has witnessed the benefits of this type of fun event in Tonga, especially the ones that promotes healthier lifestyle. It shows the excitement, the enthusiasm and the willingness of our people to participate for the betterment of them and for Tonga. To expand the level of participation and outreach, TongaHealth will host the FUNSHAKE twice a month starting this February but venue for the last Thursday of the month remains the same while we move around to other areas in Tongatapu.

Keep in touch; we might host the FUNSHAKE in your hometown!



Sponsorship Recipients

Here are the sponsorship applications that were approved/taken place in January;

- Ma'ufanga Free Wesleyan Youth
- Kolomotu'a Sevens

FWC Ma'ufanga Youth

Mr Sevaki Fe'ao, Acting Program Coordinator, along with Communication Officer Ms Baba 'Amanaki, attended an invitation on behalf of TongaHealth from the FWC Ma'ufanga Youth for a special occasion to mark the blessings of their new sports equipment. The Ma'ufanga Pastor Rev. Tevita To'a and Ms. Valeti Kofe (Youth President) applauded the effort of TongaHealth to donate the sports equipment as well as a water dispenser which will assist them in their youth activities as well as keeping them active. After the formal event, three youth members of the FWC Ma'ufanga Youth instructed the gathering with a little warm up to demonstrate their abilities after being trained about different fitness levels of physical movement.



Sevaki Fe'ao with the FWC Youth of Ma'ufanga and Rev. Tevita To'a posing with the sports equipment donated by TongaHealth



Left photo shows the three youth instructors who were trained by Hola Mafi (church member) from HPU on the different levels of exercising and they will be conducting zumba sessions and exercises with the rest of the youth during their youth activities

Kolomotu'a Sevens



TongaHealth sponsored the Kolomotu'a Sevens Tournament. Above are the winning team from Toloa and the girls' team from Kolomotu'a who came second in the women's division.

Bay 'o Manumataongo Youth Visit



The Bay of Manumataongo Youth Group of 'Anana visited TongaHealth on January 11th. They performed traditional dances for the CEO and staff as appreciation of the sponsorship program that enabled them to accomplish their youth activities during the Christmas holiday. The Youth group stated that practicing and performing the Tongan traditional dances is another way of doing physical activity to boost their wellbeing.

'Amanaki Fo'ou Group Visit

The 'Amanaki Fo'ou Group (partner of TH), who is dedicated to aggressively address the effects of diabetes among the Tongan population, visited TongaHealth on the last week of January. This visit is an annual visit by the group where the CEO and Board's Chairman are members to discuss working manual for the year.



Above are the team from 'Amanaki Fo'ou with TongaHealth's Board Chairman, Rev Dr. Tu'ipulotu Katoanga, Acting CEO Losaline Fonua with representatives from the Health Promotion Unit and Sevaki Fe'ao, Acting Program Coordinator discussing their plan for 2019.

Photo Galleries



Board Chairman, Rev Dr. Tu'ipulotu Katoanga with CEO and staff of TH after the blessing of the CEO's new ride.



Tonga Health Promotion Foundation
Taufa'ahau Road, Tofoa
P O Box 2026,
Nuku'alofa, Tonga
Phone: +676 25721
Fax: +676 25865
Website: www.tongahealth.org