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**AeroGym Village Champions Named**

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Sawakasa Village were on Saturday awarded the title of Northlands AeroGym Regional Champions. The team of 15 women and 2 men were thrilled to receive their certificates presented by Australian High Commission representative Mark Tamsitt. AeroGym is a Pacific Sports Partnerships project funded by an Australian Department of Foreign Affairs and Trade grant.

Over 100 people attended the competition staged at Lodon Primary School, and evaluated by a panel of judges. The event was an opportunity for AeroGym participants to showcase their skills gained over months of practice and also to show others that healthy lifestyles are important. It is not always easy to exercise, particularly for women who are busy looking after children, maintaining the household and cooking for the family. Therefore AeroGym is designed to make it a little easier to get active. It is simple and easy to organise, can be done anywhere (indoors or out) and is appropriate for people of all ages and abilities – women, men, children and people with disabilities can participate.

Sawakasa may have won the award, but congratulations are due for all who participated. AeroGym combines gymnastics skills with dance to music, in a fast-paced, fun and energetic sport. Australian Volunteer for International Development (AVID) Lahnee Weir who coached the teams said “when we first went to the villages, the ladies couldn’t even get through the warm up, let alone a whole routine and now the ladies can get through the routine four times in one session! I am extremely proud of all of the women.”

Lodon Village extended their gracious hospitality to all, which included providing a healthy curry meal to over 100 hungry people. According to Lahnee, there was an “incredible amount of happiness flowing all day (and well into the evening)!”

To find out more or for information on participating in AeroGym email [lweir@gymnastics.org.au](mailto:lweir@gymnastics.org.au)