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International Gymnastics Delegates Kick Up Their Heels in Dranikula Village

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International Gymnastics Federation (FIG) President Morinari Watanabe and more than 25 delegates from around the world were treated to an AeroGym performance at Dranikula Village on Friday. The display was part of a full day development tour to showcase the achievements of the Gymnastics Federation of Fiji (GFF) since its formation in 2015.

AeroGym is an Australian Government funded Pacific Sports Partnerships project aimed at combatting non-communicable diseases and providing leadership opportunities for women. It is a modification of the discipline of Aerobic Gymnastics and can be performed anywhere at any time. Activities are performed to music with teams choreographing transitions and formations to create routines. AeroGym is for people young and old, of all abilities.

FIG Aerobic Gymnastics Vice President Tammy Yagi-Kitagawa was so thrilled to see her sport contributing to the health and fitness of women in Fiji that she was made an honorary Dranikula AeroGym team member. Team leader and GFF Sport Development Officer Melaia Lutunauca presented Tammy with her very own team T-shirt with the words "I Love Aerobics."

Other activities observed throughout the day included a GymSchools program at Pacific Harbour Multicultural School and a club program at International School Suva. And a highlight for all was the Sevusevu – a perfect opportunity for delegates to experience the culture and tradition of Fiji first hand.

The development tour was sponsored by the Fiji Ministry of Youth and Sports, with support from Fiji Association of Sports and National Olympic Committee providing Fiji Water – the preferred water of Team Fiji.

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