



AeroGym A Hit In Suva

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The 2019 3rd annual Gymnastics Federation of Fiji National AeroGym Showcase took place over the weekend at the Suva YMCA.

Guests invited including Fiji Association of Sports and National Olympic Committee (FASANOC) vice-president Cathy Wong. Teams from across Fiji came together to showcase their AeroGym routines. AeroGym combines gymnastics skills with dance in a fast-paced, fun and energetic sport. Performing to music the participants demonstrate high intensity, continuous movement patterns, utilising strength, flexibility and agility.

AeroGym Fiji is an Australian Government funded Pacific Sports

Partnerships (PSP) project led by Gymnastics Australia and the Oceania Gymnastics Union in partnership with the Gymnastics Federation of Fiji. The project aims to ad-

dress issues facing Fijians including high levels of non-communicable diseases, low levels of physical activity, lack of accessibility to quality sport activities, inequalities facing people with disabilities and barriers to women participating in sport.

It is a truly inclusive activity which

allows people with disabilities to perform in teams alongside able-bodied participants. Women and men, boys and girls of all ages and abilities performed at the event, showcasing their skills and vying for awards in various categories. A panel of judges used set criteria to evaluate the routines for Presenta-

tion and Artistry.

But awards aside, these AeroGym participants are all winners, having plenty of fun whilst improving their health and fitness through regular exercise.



Participants at the 3rd annual Gymnastics Federation of Fiji National AeroGym Showcase held at the Suva YMCA over the weekend.

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