Battling Fiji’s Heat with Positivity

Nadi, Fiji

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Roadmap

- Video Diary
- Background
- Internship
- Homestay Experience
- Adventures
- Fun Facts
Video Diary - 21 Days in Fiji

https://youtu.be/kReHJeoN5Ro
Background

- Fiji is a country located in the South Pacific
- Total of 330 islands, of which only 110 islands are inhabited
- Two Major Ethnic Groups
  - 49.9% Native Fijian, 46.2% Indian
- Primary killer is Chronic Diseases - 88%
My Internship

Nutrition and Chronic Disease
Free Health Screenings In Rural Villages (Native Fijian)
### Personal Food Diary - Patient Self-Improvement

#### Food Diary

"It's never too early or too late to work towards the HEALTHIEST YOU!"

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<tr>
<th></th>
<th>BMI</th>
<th>Blood Pressure</th>
<th>Blood Sugar</th>
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<td>Healthy Ranges:</td>
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<tr>
<td>BMI:</td>
<td>18.5 to 24.9</td>
<td>Blood Pressure:</td>
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<td>Less than or equal to 120/80</td>
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<tr>
<th>Day</th>
<th>Exercise</th>
<th>Healthy Food</th>
<th>Energy Food</th>
<th>Protein Food</th>
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#### Your Personal Targets:

- **What Foods?**
  - Healthy Foods: fruits and vegetables
  - Energy Foods: oil, bread, cassava, rice, floor, noodles, bread, roti, naan, coconut, potatoes
  - Protein Foods: milk, yoghurt, cheese, meat, fish, dal, peanut butter
Free Health Screenings In Tunalia (Indo-Fijian Village)
Tunalia Indo-Fijian Village
Health Education at Vuniyasi District School in Dratabu
A Social Project - Nadi Town Market
Fijian Language Class
Homestay Experience
More...
Personal Travels in Fiji
Barefoot Kuata Island (Yasawa Islands)
Qaraniyani Cave - Chief Cave (Cannibalistic Times)
Mt. Koroyanitu in Abaca Village
Mt. Koroyanitu
The Garden of the Sleeping Giant
The Garden of the Sleeping Giant
Fun Facts!

- Actively practiced cannibalism until 150 years ago
- Fijian police officers and security guards do not carry any armed weapons, including guns and tasers. They only have a whistle and maybe a wooden stick. It is also illegal for citizens to hold weapons.
- Over 40 Fijian dialects, but English is the official national language
- When visiting a rural village for the first time, you must gift the chief with Kava
- You must wear sarongs or sulus in the villages
- Many students can go to college for free
- The government has set up a large home for homeless people, providing them with food, water, and shelter.
- The country is known for their coconut oil, sandalwood soap, sugarcane farms, and black pearls
- There is no racism or caste system between the Indo-Fijians and Native Fijians
Check Out My Blog for More Pictures and Stories!

viralisfijiexperience.wordpress.com