Battling Fiji’s Heat with Positivity

Nadi, Fiji

Viral Shah
Klemm Fellow ‘17
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"

<table>
<thead>
<tr>
<th></th>
<th>BMI</th>
<th>Blood Pressure</th>
<th>Blood Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Ranges:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BMI:</td>
<td>18.5 to 24.9</td>
<td>Blood Pressure: Less than or equal to 120/80</td>
<td>Blood Sugar: 4 to 7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### What Foods?
- **Healthy Foods:** fruits and vegetables
- **Energy Foods:** milk, bread, rice, potatoes
- **Protein Foods:** milk, yoghurt, cheese, meat, fish, dal, peanut butter

### Your Personal Targets:

- Healthy eating habits
- Regular exercise
- Adequate hydration
- Monitoring blood pressure and sugar levels
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
Nadi Town Market
Fijian Language Class
Homestay Experience
More....
Personal Travels in Fiji
Barefoot Kuata Island (Yasawa Islands)
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