

Walking for Health



Walking is widely encouraged as a very effective and less expensive exercise which keeps the body in shape, especially for the elderly. During the celebration of almost all the International Days for NCDS this year (Heart Day, Diabetes Day, Stroke Day), walking was encouraged and a target to walk a number of miles was set. AGAPE AGE in Cameroon is pleased to have contributed 1000miles to the BUPA/ WHF Ground Miles Challenge.

75 years old taking steps for health

Activities took place in Mbengwi, and added to the walking, other physical exercises were conducted. These were intended to build interest for physical activities among participants and entertainment for participants, especially the elderly.



Tug of War among seniors

Activities took place in



Mbengwi group Health Walk with placards

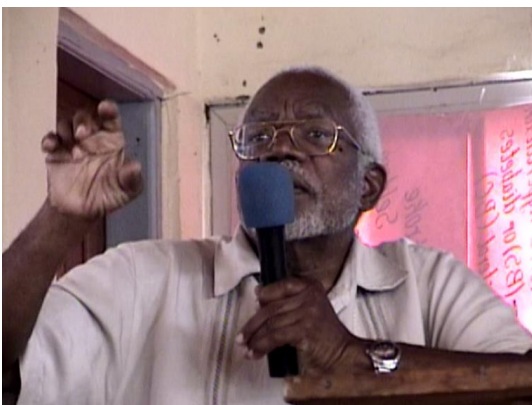
Over 727 persons aged 9-97 participated.

There was a lecture on the importance of walking and physical activities for the healthy functioning of the system and there was



Sac Race

screening for undetected raised Blood Pressures, Blood Sugar Levels, Body Mass Index, with counseling and referrals for persons with abnormal values. Administrative/Traditional authorities effectively



Dr. Hibberd John, US Army Veteran giving lectures

participated, enjoying the fun and promising cooperation on follow-up programs.

Everyone is excited, about these and other AGAPE AGE Economy, Environment and Empowerment programs.

Regular activities at community level by the Village Older Person's Social Protection (VOPSOP) Groups were encouraged.



The AGAPE AGE event organizing team