



Manukau**Courier**

Students have a fitness plan

JESSIE COLQUHOUN - Manukau Courier Last updated 05:00 18/06/2010

A group of Aorere College students wants Pacific Island families to get fit, move their bodies and embrace their culture.

The year 12 and 13 students are taking part in the Young Enterprise Scheme and came second overall at the Counties Manukau oral business planning presentation finals. They also won the best business plan award.

Their company iFigure is creating a workout DVD for Pacific Island families.

Based on latest fitness craze Zumba, the DVD will have 90 minutes of Pacific Island dancing to traditional music with choreography by a Pasifika dance teacher.

All the group members have tested it and say it's a good workout.

Lina Chand and Tupou Niuafe came up with the idea after going to a church birthday celebration.

"We realised dancing was a way of getting fit and healthy and it was really fun," Lina says.

Jacob Tuporo says they want to use traditional dancing to tackle the obesity problem in Pacific Islanders.

"We thought what better way to get them going and active than with a DVD that includes their culture."

Now the students are concentrating on filming and editing the DVD and are aiming for an August release.

Jacob says that while iFigure hopes to make a profit, the main aim is to create an awareness of obesity in Manukau.

"We were never in it for the money."

The iFigure business will compete in the regional Young Enterprise Scheme competition in October and if successful will go on to nationals in November.

The group is looking for a Pacific Island family to star in the DVD. Anyone who'd like to volunteer or buy a copy of the DVD when it is released can email ifigure@hotmail.com.