



African Action on AIDS

AAA e-NEWS BRIEF –FEBRUARY 2013

HIV/AIDS PREVENTION: MENTAL AND PHYSICAL FITNESS

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Learn About African Action on AIDS (AAA)

AAA is a tax exempt non-profit organization registered in the USA and operating under section 501(c) 3 of the IRS code. It is also registered in Cameroon (auth. No00174/A/MINAT/DAP/SDLP/SAC). It has special consultative status with the United Nations ECOSOC and the UN Department of Information.

AAA's work is based on 3 programmes:

"JUST KNOW" Campaign emphasizes:

- Knowledge of one's body
- Knowledge that leads to behavior change
- Knowledge that helps to visualize a future without AIDS

"Health before Wealth" Concept promotes:

- Testing for HIV
- Clean hands (hand washing stations)
- Clean water (drinking stations)
- Dignified toilets
- Fighting against Malaria (treated mosquito bed nets)
- Vaccination
- Anti worms medicine

"Women's economic autonomy" through our Scholarship Programme. This scholarship enables each teenage orphan girl to complete at least a secondary, general or technical education that will lead to financial and economic autonomy, greatly reducing the risk of being infected with HIV through sexual abuse and violence.

Prevention of HIV/AIDS and diseases in general is also about mental and physical fitness.

MENTAL FITNESS involves optimism. It is the readiness to face challenges and Win. It is a decision not to attract pity, the fighting spirit that removes one from the category of victims to a Conqueror status, starting from where you stand.

PHYSICAL FITNESS involves movement. Up and Down; Inspiration and Expiration; Helping the body to fully sustain life and beauty. Mental and Physical fitness are complementary – **START ONE AND GET ONE FREE!** Mental and Physical fitness is a personal declaration of Love to oneself: I love ME and would make ME be the starting point of a healthy, happy life!

Anyone who walks around Yaoundé, the Capital of Cameroon early mornings and evenings will meet thousands of people who love themselves. People alert with happy faces, young and old. The hills of Mont Febe where many run, walk and dance "Bikutsi Tae Bo" will soon be known as Mont Fitness. Fitness as life style definitely has an impact on the global effort to prevent diseases...**HEALTHY AFRICA, HERE I COME!!!**

Ruth Bamela Engo, AAA President



Walking and dancing down Mont Febe Hills

"Bikutsi Tae Bo" – Parcours Vita Mont Febe



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