



24th April 2025

RSIPF fitness trainer encouraged women and girls to prioritize 'health and wellbeing'

The Royal Solomon Islands Police Force (RSIPF)'s fitness trainer, Hency Charles, has encouraged women and girls to take good care of themselves by prioritising their health and wellbeing.

Hency is another local contracted by the Australian Federal Police (AFP) to support the RSIPF & AFP Policing Partnership Program (RAPPP).

His role in the RAPPP's Health and Wellbeing Project is to support RSIPF officers to boost their fitness.

Hency and his colleague, Janet Gwai, provide fitness training and programs, and health tips for RSIPF officers, ensuring they maintain their health and fitness level for their policing duties. They also run the RSIPF Gym at Rove.

During the International Women's Day event that was held in Honiara on March, Hency was given a chance to do a presentation about health.

In his presentation, Hency urged women and girls to invest in themselves by prioritising their health and wellbeing.

He said when women and girls are physically, mentally and emotionally healthy they are empowering themselves to live their lives fully, pursue their goals and contribute meaningfully to their families and communities.

Hency said too often women put the needs of others before their own and as a result- their health and wellbeing suffer in silence.

He reminded women and girls to prioritise themselves not out of selfishness but out of necessity and strength.

Hency said in the Solomon Islands, many women and girls face challenges like limited access to healthcare, cultural stigma around mental health, lack of education on nutrition and reproductive rights and social pressures that made self-care less important to them.

He said women and girls who care less about themselves not only exposed themselves to negative health impacts but also their ability to thrive and lead.

Hency's presentation covers many things including good health as the starting point for education, proper nutrition as an ingredient to empower women and girls to live an active, focused and balanced lives, physical activity as a way to boost energy, confidence and overall health, access to information and services that help women to make informed decisions about their bodies and future, sleeping as a critical part of recovery and supportive relationships to create safe spaces for growth and healing.

Hency said topics covered in his presentation are not only relevant but urgent as they encouraged women and girls to take ownership of their health, prioritise their wellbeing and recognise their value.

He said when women invest in themselves, they create a ripple effect that benefits their families, communities and nation.

In the RSIPF Gym, Hency and Janet tailored training programs for female RSIPF officers, including physical activity, wellness talks, yoga and functional strength training.

Hency said health is not a luxury but a right that all women and girls deserve.

He added these are small steps that women and girls can take which have positive impacts on their overall health.

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Media inquiries RSIPF Media Unit: 24016 or 23800 Ext 239 Email: rsipf.media@rsipf.gov.sb	<p>The Royal Solomon Islands Police Force (RSIPF) was established in 1954. Its mission is 'To provide a safe and peaceful Solomon Islands by strengthening relationships with the community'. The RSIPF strive to provide efficient and effective policing services for the Solomon Islands and expect RSIPF officers to adhere to the RSIPF values.</p> <p>For ongoing news and information, please go to www.rsipf.gov.sb</p> <p>Follow us on Facebook Page: www.facebook.com/rsipf</p>
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