

SPEECH FOR HEALTH WALK 2020

Good morning fellow practitioners.

I see you all “ready and armed” for this important health walk 2020 and wish to you all wonderful experience once again.

The CIIG recognises that our work is especially stressful and sedentary and we need to periodically break off from it and work the body as well to destress and get the heartpumping and muscle relaxing again.

The sweetness of the pudding is in the eating and so the CIIG decided not to tell practitioners to go and exercise in their homes wait and hope they do so but rather organise and call out members to this walk which gives our members the opportunity to network and work out at the same time.

A healthy mind is in a healthy body as the Greek say “Mens sana in capore sano” whilst for the Christians, bodily exercise profiteth. We believe we profit from better health and mind when we walk and exercise the body.

So lets walk, dance, and talk as we go along. For those who fall off, we shall carry you and make sure we all win.

We have a lot of light food like Kenkey in waiting at the end so no problem for those who run out of energy, you will be re-tanked with some good and special locals

Lets put the past behind us and press on towards the mark by renewing our fevour and zeal as well for professionalism, integrity & excellence. 2020 promises to be another great year for us as an Association and we all with united fraternity will sour together to reach our respective goals.

Tsoooboi.....Our military will sayAhooya.

Long live the CIIG, our industry and mother Ghana.