

EXERCISE & MEDICINE: KNOWLEDGE, ATTITUDES & PRACTICE

from

GHANAIAAN CULTURE

BY

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THEME:

**Building a
Community of
Holistic
Wellness**

**Holistic= All
inclusive**

**Community: All
inclusive**

Prof Ocansey

Dr Annan

**Dr Tuakli-
Wosornu**

etc



**DAWN OF WELLNESS
IN ALL ITS FULLNESS**

knowledge
Attitudes &
Practice from

GHANAIAN CULTURE



**ALL INCLUSIVE
COMMUNITY
Xmas Party in Ghana**

KNOWLEDGE TRANSFER IN RURAL COMMUNITIES

- **Oral tradition**
- **Received wisdom of the clan**
- **Relayed down the ages**

KNOWLEDGE TRANSFER IN RURAL COMMUNITIES

Monarchs of the Oral tradition

- **PROVERBS**
- **QUERRIES &**
- **FABLES**

KNOWLEDGE TRANSFER

QUERRIES

- **We work all the time**
- **We move all the time**
- **Playing is for kids**
- **If grown ups set aside time & effort to go out and 'play',**

what is the PROFIT?

ONE SIZE DOES NOT FIT ALL

IMPACT OF TIME

- **In the beginning**
 - Where do I go?
 - From where do I start?
- **In the middle**
 - How do I keep it up?
- **Towards my end**
 - What can I do to inherit eternal life?
 - How can I regain my kingdom?
 - Is the kingdom re-gainable?

ONE SIZE DOES NOT FIT ALL

IMPACT OF TIME

- **In the beginning**
 - **Where do I go?**
 - **From where do I start?**

KNOWLEDGE TRANSFER IN RURAL COMMUNITIES



- **PROVERBS**
- **Sayings**

Vivian's story

Where
sweetness
abounds,
there fun
abounds



Sayings -2



**Travel from
Korle Bu to
Accra Sports
Stadium**

**Are there no
rivers in
Ethiopia?**

**Are there no
tennis courts in
Korle Bu?**



VIVIAN'S STORY

ONE SIZE DOES NOT FIT ALL

IMPACT OF TIME

- **In the middle**
 - **How do I keep it up?**



DEGREE OF INTENSITY

New moon is up!

New moon is up!

We shall play,

& drop dead!



KEEPING IT UP



Shwormor eye
ler serker!

**Fun and
games
have
driven
him
insane!**



KEEPING IT UP

KNOWLEDGE TRANSFER IN RURAL COMMUNITIES

Monarchs of the Oral tradition

- **PROVERBS**



*Norningor onaa'er, noh
gbeor boh!*

**That which
you find
alluring, shall
be your death.**

***The lure is
the cross***

*Minaa ni ngor mi ner, no
ker miyaa ner!*

**This craving
of mine,
now bares
me away!**



GLUTTONY

SNIPPETS FROM GHANAIAIAN CULTURE

- **No! One Size Does Not Fit All**
- **The profit motive**
 - What's in it for me? Here and now?
- **Some like incentives**
- **Others need nothing: Gold-plating bars of platinum**

SNIPPETS FROM GHANAIAIAN CULTURE

Fun is king

- **Most people are switched on by fun**
- **Position to aim at is simple: get them hooked- fast &at all costs**

Prof Ocansey's specialty

- **Choose the tactics of drug dealers**
- **Not all are born to lead**
- **There are more followers than leaders**



THANK YOU