



5th September 2025

Shoes On: RSIPF Fitness Program Crosses the Finish Line

The Royal Solomon Island Police Force (RSIPF), through the Health Wellbeing & Community Engagement (HWCE) program under the RSIPF & AFP Policing Partnership Program (RAPPP), has successfully finished the first 'Shoes On' fitness program with a celebratory walk at the National Stadium, symbolising the end of a remarkable wellbeing journey.

Launched in June 2025, 'Shoes On' encouraged officers to embrace fitness by registering at the Rove Police Headquarters gym, committing to a 21-day beginner cardio program. To support participation, officers were provided with new gym shoes and training gear, which they retained upon completion of the challenge.

While designed as a 21-day program, the reality of policing schedules stretched the journey across nearly three months. Yet officers remained committed, pushing through the challenge and finishing strong. To celebrate, they walked together at the National Stadium and then shared fresh fruits as a reminder that small, health choices bring big rewards.

Detective Inspector Betty Tagini, who took part in the program, reflected on the experience and said,
"This has been more than just a fitness competition — it has been a testimony of resilience, discipline, and sisterhood."

She said from the first stride carrying extra weight to the finishing line with lighter bodies and stronger spirits, we proved that no pain, no gain is indeed real. My encouragement to all RSIPF female officers, come join the fun next time, because this journey is truly worth it for your health, confidence, and wellbeing. Together, let's continue to stay fit, strong, and unstoppable!

RAPPP-contracted fitness trainer, Hency Charles, who supported the program, said the final walk showed what the program is all about.

He said the fitness isn't just about the gym, it's about everyday movement, routine, and mindset. The 'Shoes On' walk was a reminder that wellness can be part of daily life.

The program will continue to grow, giving more RSIPF officers the chance to improve their health, fitness and confidence.

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Media inquiries

RSIPF Media Unit:
24016 or 23800 Ext 239

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

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