



YOUR FITNESS GUIDE

TRAIN. INSPIRE. TOGETHER.

NAM *fitness*
EXPO
AND CONFERENCE
3-4 July 2026

Brought to you by:

AURA
CONCEPT EVENTS



Endorsed by:



The Republic of Namibia
Ministry of Education,
Innovation, Youth, Sports,
Arts and Culture

ACTIVATE NAMIBIA'S WELLNESS





WELCOME NOTE



OSHOVELI SHIPOH

As Founder of the NamFitness Expo & Conference, it is my honour to welcome you to a platform dedicated to transforming the way we think about health, wellness, movement, and human potential in Namibia. Under this year's theme, "Activate Namibia's Wellness," we invite individuals, brands, institutions, and communities to come together in shaping a healthier, stronger, and more conscious nation.

NamFitness Expo & Conference was created from a vision to inspire healthier lifestyles, meaningful conversations, and stronger communities through fitness, mental wellness, nutrition, business, and innovation. More than an event, it is a movement that celebrates the power of wellness to uplift lives, unlock potential, and drive positive social impact.

Whether you are here to learn, connect, exhibit, compete, or simply be inspired, we hope this experience empowers you to take meaningful steps toward personal and collective wellbeing. Thank you to our partners, exhibitors, speakers, delegates, and supporters for believing in this vision and helping us shape a future where wellness becomes part of our everyday culture.

Together, let us activate a healthier Namibia.

Chief Creative Officer
NamFitness Expo & Conference



WHY IT MATTERS

01

The NamFitness Expo and Conference inspires a culture of physical, mental and financial health and nutrition in Namibia. It connects communities, promotes active living, and supports national health goals.

02

By empowering people and businesses to make healthier choices, the Expo helps build a stronger, more vibrant Namibia.

03

This initiative aligns with national development goals focused on health, **youth empowerment and employment**, and sustainable living, while providing valuable exposure and growth opportunities for brands and organizations.

04

Ultimately, the Expo matters because it invests in people their health, their wellbeing, and their future.



OUR INDUSTRIES

The NamFitness Expo & Conference is a dynamic, all-round wellness event that brings together **fitness, mental health, nutrition, and financial well-being** to help people live stronger, healthier, and more balanced lives.



GET FIT!



EAT RIGHT!



LIVE RIGHT!



KEEP CALM!



BUDGET SMART!

It will be held at the Country Club Resort and Casino on the 3rd and 4th of July 2026 and it will serve as a platform for individuals, brands, and organizations to connect, promote healthy living, and showcase products and services that inspire a balanced lifestyle.



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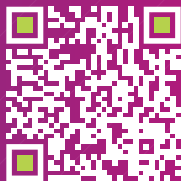
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3-4 July 2026

OUR CONFERENCE



CURATOR



Morna Ikosa

Strategic Communications
Specialist

SPEAKERS



Oshoveli Shipoh

Group Executive Director,
Aura Concept Events &
Streetleader Creative Agency



**Hon. Suzan Hambeleleni
Ndjaleka**

Deputy Minister of Health
and Social Services



Carlos De Sousa

CEO Hybrid Fitness



Rias Oberholzer

Pastor, Public Speaker
& Corporate Trainer

SPEAKERS



Charlie Van Tonder

- MMA brown belt
- South Africa Youth Development Director
- Referee judges, IMMAF commission Member
- Africa Lead official
- Professional Cutmen: PFL & EFC



Dr Suraia Schiceya

Medical doctor &
Mental health Enthusiast



Frieda Asino

Public Health Advocate &
Strategic Communicationist



Arinze Okafor

Investment Expert



Maren Thomson

Dentist



Reinhold Titus

Intercultural Leadership &
Organisation Development Consultant

SPEAKERS



Francois Dames
Self Defense Expert &
Mental Endurance Coach



Jo-Ann Thys
Sports & Wellness
Specialist

PANELISTS

Panel 1: The New Wellness Battle: Hypertension, Diabetes & Modern Living



Dr. Raquel Klazen
General Practitioner



Nyanyukweni Elia
Health Policy Analyst



Dr. Batcho Katumbo
Medical Intern,
Windhoek Central Hospital



Dr. Cornelius T. Kuduva
General Practitioner

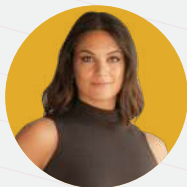


Hilikka M'lunga
Epidemiologist



PANELISTS

Panel 2: Smarter Weight Loss: The Science Behind Healthy Transformation



Meike Rubow

Nutritionist & Holistic Health Coach



Matheus Hamukwaya

Nutritionist & Health Educator



Prosper Mageza

Fitness instructor



Rahl-Jeanne Cloete

Pharmacist, Scientist, NLP-certified life Coach

Panel 3: The Making of a Financial Fitness You



Albertina Nemushi

Pension Fund Administrator



Jason Hutchins

People Strategist



Tuyamba Akwaake

Investment Expert

Panel 4: Mind, Body & Balance: The Wellness Benefits of Alternative Exercise



Brandy Shoombe

Yoga Instructor



Inesi T. Valombola

Physiotherapist



PANELISTS

Panel 5: Improving mobility to increase longevity (diseases)



Frans Amakali

Information and Knowledge
Management Specialist



Harry Simon Jnr

Undefeated Welterweight
Boxer



Joey Sheehama

Ultra Runner



Suama Andreas

Speaker, Governance
Professional,
and Life Coach

Panel 6: Healthy Minds at Work: Supporting Mental Wellness in the Workplace (diseases)



Alfonsina Chilala

Mental Health Advocate &
employee Relations Specialist



Michelle McCulloch

Psychologist



Priscilla Husselmann

Transformation Strategist
& Leadership Coach



Shita Shimwe

Industrial Relations Expert



Jimmy Mwaba

Apostle with Mental
Expertise



PANELISTS

Panel 7: Health Supplements Explained: Benefits, Risks & Best Practices



Simaneka Mbeeli

Nutritionist



Zodidi Gaseb

Holistic Wellness Facilitator



Dr Jade Williams

Medical doctor and the founder of Basilia Health Solutions

MASTER OF CEREMONY



Esther Josua

Master of Ceremonies,
Corporate Professional
and Researcher

MODERATORS



Lloyd Sikeba

Professional Speaker
& Coach - Moderating

PROJECT MANAGER



Helene Meinties

Project Manager

PROGRAMME

03 July 2026

MC: Esther Joshua		
8:00 - 8:30	Delegate Registration	
	Anthem- All Rise	
08:45	Opening Prayer	
08:50	Welcome by Founder	Oshoveli Shipoh
09:00	Address by Hon. Deputy Minister of Health	Hon. Suzan Ndjaleka
09:15	Key Note address	
09:30	Closing remarks, prayer and Anthem	
9:35 - 10:00	Break	
10:00 - 10:05 - Activation by Virgin Active		
10:10 - 11:10 The New Wellness Battle: Hypertension, Diabetes & Modern lifestyle diseases Moderator: Morna Ikosa Panel Discussion: Dr Klazen • Nyanyukweni Elia • Dr Batcho Katumbo Dr Cornelius Kuduva		
11:15 - 12:15 Smarter Weight Loss: The Science Behind Healthy Transformation Moderator: Morna Ikosa Panel Discussion: Meike Rubow • Prosper Mageza • Matheus Hamukwaya Rahl-Jeanne Cloete		
12:15 - 13:00	Redefining Strength: Mental Health Conversations for Men	• Francois Dames • Rias Obeholzer
13:00-14:00 - LUNCH		
14:00- 14:10 – Activation- MMAF		
14:15- 15:00	Oral Health impacts on wellness	Maren Thomson
15:05- 16:05 The Making of a Financial Fit You Moderator: Morna Ikosa Panel Discussion: Albertina Amukwaya • Jason Hutchin • Tuyamba Akwaake		
16:10- 17:10 Mind, Body and Balance: The Wellness Benefits of Alternative Exercise Moderator: Morna Ikosa Panel Discussion: Brandy Shoombe • Emily Kandanga • Inesi Valombola		
17:15 - 18:00	Mixed martial arts in strengthening mental resilience and weight loss	• Charlie Van Tonder • Carlos De Sousa
18:00	Closing	

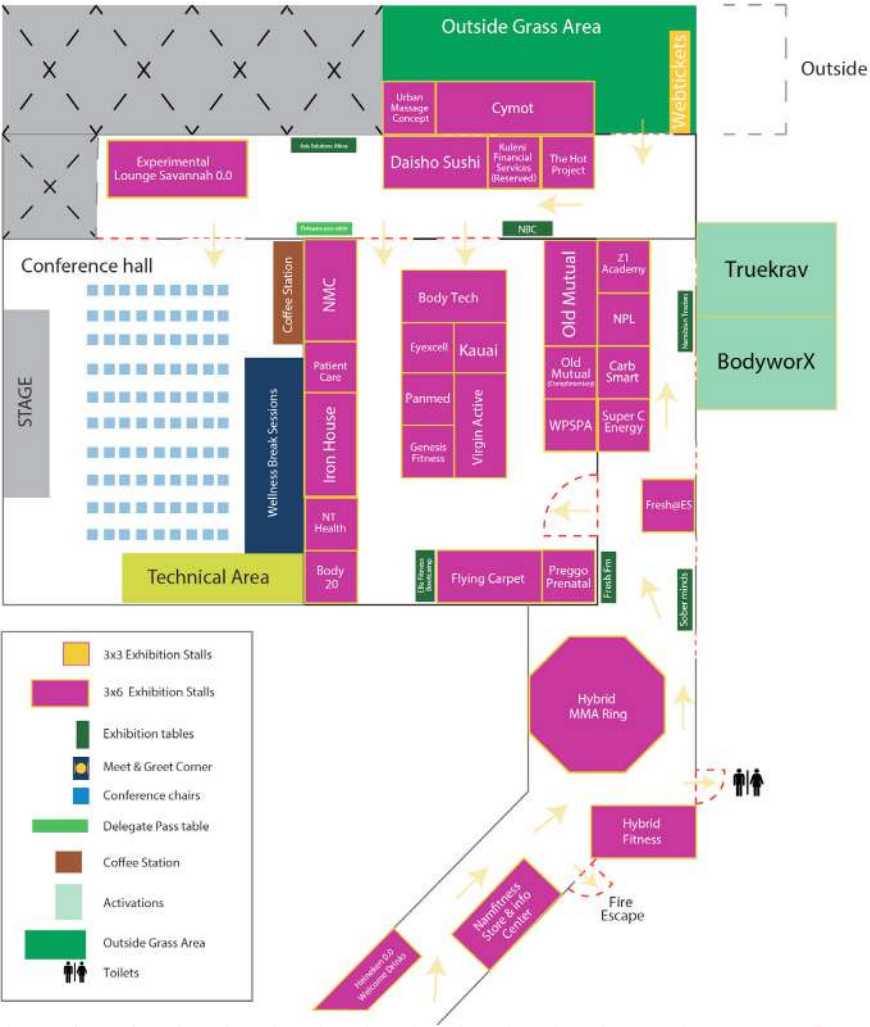
PROGRAMME

04 July 2026

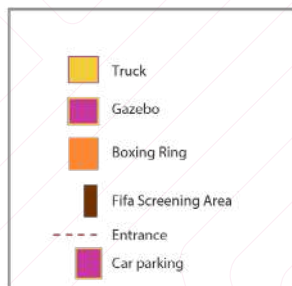
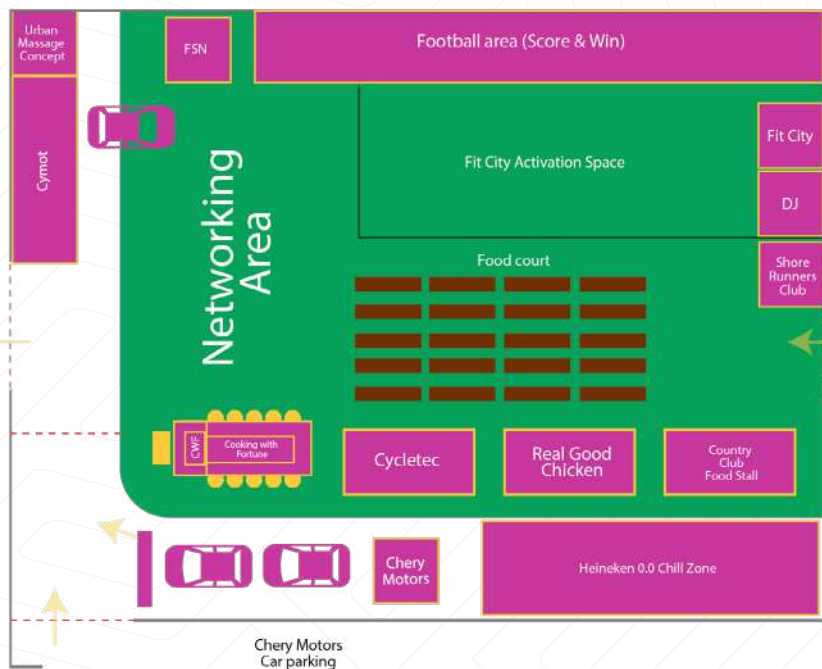
9:00- 9:15 - Activation by Virgin Active		
9:15 – 10:00	Coming Out Stronger: Life After Prostate Cancer	Reinhold Titus
10:00- 10:45	Developing fitness habits in children	Jo-Ann Thys
10h50 -11h50 Improving mobility to increase longevity Moderator: Morna Ikosa Panel Discussion: Frans Amakali • Harry Simon jnr Joey Sheehama • Suama Andreas		
11:55 - 12:15 - Activation with snack and water		
12:20 – 13:10	Mental Health Men and Women	Dr Suraia Schiceya
13:15- 14:00 - LUNCH BREAK		
14:05 - 14:15 - Activation		
14:20 - 15:15	Managing Black Tax Responsibly: Balancing Family and Financial Wellness	Arinze Okafor
15:20 - 16:20 Healthy Minds at Work: Supporting Mental Wellness in the Workplace Moderator: Lloyd Sikeba Panel Discussion: Alfonsina Chilala • Michelle McCulloch • Priscilla Hussleman Shita Shimwe • Jimmy Mwaba		
16:25 - 17:15	The importance of blood donation to the well-being of Namibians	Frieda Asino
17:15 - 17:20 - Activation with a snack		
17:30 - 18:30 Health Supplements Explained: Benefits, Risks & Best Practices Moderator: Morna Ikosa Panel Discussion: Simaneka Mbeeli • Zodidi Gaseb • Dr Jade Williams		
18:30 - 19:15	Alcohol and wellness: Mindful drinking, finding a healthy balance	
18H25 -18H30	Close and Summaries	



INTERIOR



OUTSIDE GRASS AREA



EXHIBITORS CATEGORIES

Floor Plan

Windhoek Country Club & Resort

NAMIBIA fitness
EXPO
AND CONFERENCE
9-14 July 2026



Categories	Exhibitors
3x6 Stall	Bank Of Namibia
3x6 Stall	Flying Carpet
3x3 Stall	Urban Massage Concept
3x6 Stall	Old Mutual
3x3 Stall	Genesis Fitness
3x6 Stall	NMC
3x3 Stall	Heineken 0.0 Chill Zone
3x3 Stall	Shore Runners Club
3x6 Stall	Preggo Prenatal
3x3 Stall	Namfitness Store
3x3 Stall	Body20
2x3 Stall	Fresh@ES
Exhibition Table	Fresh Fm
3x3 Stall	Kauai
3x6 Stall	BodyTech
3x6 Stall	Daisho Sushi
3x6 Stall	Iron House
3x3 Stall	Sweat Fitness
3x3 Stall	Panmed
3x3 Stall	Super C Energy
3x3 Stall	Chery Motors
3x3 Stall	NPL
Activations	Carb Smart
Activations	Truekrav
Activations	BodyworX
3x6 Stall	Cymot
3x3 Stall	FitCity
3x6 Stall	Cooking with Fortune
3x3 Stall	Naturo Health & Wellness
3 x 6	Cycletec
Exhibition Table	Axis Solutions Africa

Categories	Exhibitors
3x6 Stall	Virgin Active
3x6 Stall	Real Good Chicken
3x3 Stall	FSN
3x3 Stall	Windhoek Pro Sport
3x3 Stall	Hybrid Fitness Centre
8x8 Ring	Hybrid MMA Ring
3x3 Stall	Z1 Academy
3x3 Stall	Patient Care Namibia
3x3 Stall	Eyexcell
3x3 Stall	Kuleni Financial Services
Exhibition Table	Ella Fitness Bootcamp
Exhibition Table	Namibian Traders
Exhibition Table	Sober minds
Exhibition Table	NBC
Exhibition Table	Experimental Savannah
3x6 Stall	The Hot Project
3x6 Stall	NT Health



WORKOUT TIPS

IMPROVE MUSCLE DEFINITION

CHEST



- Bench Press
- Push ups
- Dumbbell fly

BICEPS



- Bicep Curls
- Hammer Curls
- Chin Ups

FOREARMS



- Wrist Curls
- Reverse Curls
- Farmer's Carry

QUADS



- Squats
- Leg Press
- Lunges

CALVES



- Calves Raises
- Seated Calf Raises
- Jump Rope

SHOULDERS



- Shoulder Press
- Lateral Raise
- Front Raise

BACK



- Pull Ups
- Lat Pulldown
- Bent Over Row

TRICEPS



- Triceps Dips
- Overhead Ext.
- Pushdowns

ABS

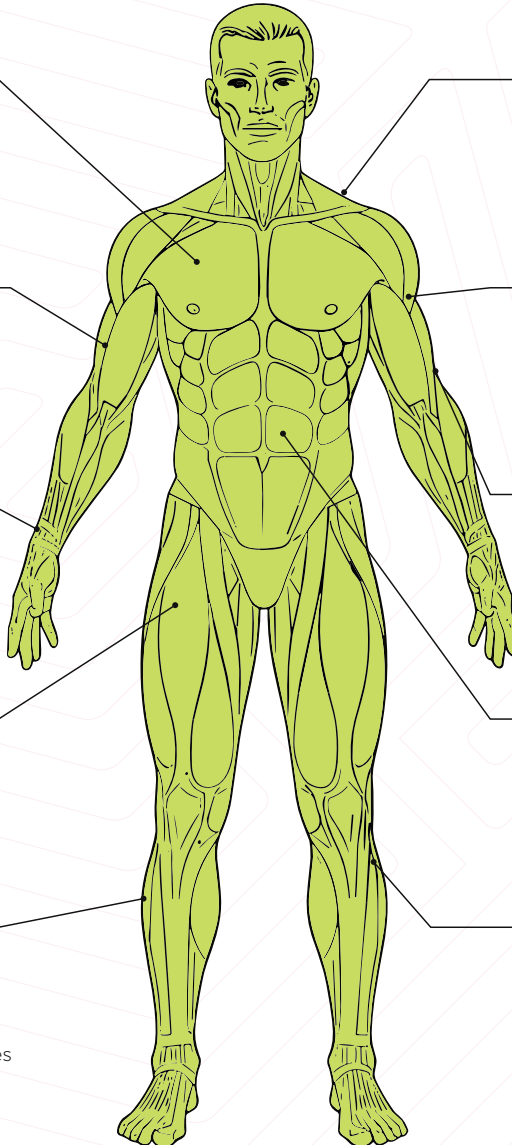


- Crunches
- Leg Raises
- Plank

HAMSTRING



- Deadlifts
- Leg Curls
- Good Mornings



5KM FUN RUN

The Course

The course is 5k long. The course is at Windhoek Golf Country Club, Windhoek. The course is run on a mixture of concrete paths and trail paths. Some sections of the course may accumulate mud, leaves and puddles after rain. Marshals will be at key sections of the course, or signs will be in place.

Please remember that the NamFitness Fun Run uses shared paths. Please give way to other users.

Course Safety

The NamFitness Fun Run organising team wishes to make the event as safe as possible. Participants, and spectators are asked to take care about the following:

- ☐ Please be considerate to the Golf Course & Estate and other users at all times.
- ☐ Children under the age of twelve must be accompanied throughout the event by a parent or guardian..
- ☐ Take care near roads and car parks. Please congregate away from the cars and be careful in particular if you have children..
- ☐ Take care on uneven surfaces.. Watch out for cyclists, other participants, pedestrians, children, dogs, wildlife, park animals, vehicles, park maintenance work, falling branches, bollards, posts and other obstacles around the course.
- ☐ Please ensure that you are fit enough to walk, jog, run five kilometres.
- ☐ If you see someone with a serious problem, please stop to help them out and get help as soon as possible.
- ☐ If you're watching, keep clear of participants on the course, and look after any children and dogs you may have with you.
- ☐ Don't run with a pushchair and a dog at the same time.
- ☐ You are welcome to take part with one dog by your side, within reach at all times, on a short, handheld, non-extendable lead. The use of waist harnesses is prohibited. Please have a poop scoop ready, if you decide to walk with your dog.



5KM FUN RUN

Course Description

The course is an out and back. Starting at the clock, moving counter clockwise around the outside of the golf course. Turn around next to the first tee and return to the clock on the same route.

Registration

Happens from **15:00 - 18:00**
at **Shore Runners Gazebo**

Facilities

Toilets are available at the golf club.

Location of start

Windhoek Country Club Golf Course
07:00 - 09:00

Map



Source: <https://www.parkrun.co.za/windhoek/course/>



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