



2013 Kokua Awardee Sione Fa



Tired of the weight-loss/gain-back cycle he had struggled with for years, Sione Fa took the radical step to improve his health and wellness by becoming a contestant on The Biggest Loser television show in 2009. He went from 372lbs to 240lbs in the very public eye of national television.

His journey started out for personal reasons but he soon realized the importance of sharing the tools he had learned with others, especially his Tongan community of Mesa, Arizona.

Some statistics state over 60 percent of Tongans are obese (with some sources claiming even higher obesity stats -- as high as 90 percent). Determined to be at the 'lighter' end of that ratio, Sione managed to strip away over 130 pounds of fat, proving that it's what you do, not what you're born with, that matters when it comes to weight loss.

Sione's goal is to inspire others, especially from his home culture, to combat the ravages of heart disease and diabetes that stem from obesity. In 2010, The Biggest Loser: Where Are They Now episode in 2010 followed Sione as he traveled to Tonga to meet Her Royal Highness Princess Pilolevu and reemphasize the rising epidemic amongst Tongans in the islands and living abroad. This is not a new issue in this community. In the 1990's then-King of Tonga, Tāufa'āhau Tupou IV, started a national weight loss campaign in the 1990's as he battled his own weight of more than 400 pounds.

Intent upon carrying his message, Sione has become a motivational speaker to large groups and corporations such as Target, State Farm, Safelite, Kalil, PF Changs, and Keller Williams. He has appeared on The Today Show and The Jay Leno Show.

Sione realized he never wanted to be a fat dad, and wanted to prevent his children from ending up the same way. So he has also worked with Parks & Recreation youth programs, church groups, and almost anyone who might hear his life-saving message.

**For his dedication to health and wellness,
and thus to increased longevity and quality of life,
we salute Sione Fa.**