

CE takes part in Sport For All Day 2018

The Chief Executive, Mrs Carrie Lam, shared the fun of doing exercise together with members of the public at Tsing Yi Southwest Sports Centre on Sport For All Day (SFAD) 2018 organised by the Leisure and Cultural Services Department (LCSD) today (August 5).

This is the 10th year in which the LCSD has organised SFAD to promote sport for all. Various free recreation and sports programmes are being offered at designated sports centres in 18 districts today, including health talks, exercise demonstrations, fitness corners, sports participation sessions, and activities for parents with children and persons with disabilities. Most of the LCSD's leisure facilities are also open for free use today.

Those accompanying Mrs Lam to join SFAD 2018 included the Secretary for Home Affairs, Mr Lau Kong-wah; the Director of Leisure and Cultural Services, Ms Michelle Li; the Deputy Director of Leisure and Cultural Services (Leisure Services), Ms Ida Lee; the District Officer (Kwai Tsing), Mr Kenneth Cheng; and the Chairman of the Kwai Tsing District Council, Mr Law King-shing. Two elite table tennis athletes, Lee Ho-ching and Minnie Soo, also joined the activities.

The Chief Executive and other guests first watched a demonstration of shuttlecock, which is the focal sport for this year's SFAD, before enjoying fitness exercise with members of the public. They also watched a parent-child fun game, a cycling participation activity and a pool soccer game, and took part in a boccia session for players including persons with disabilities.

Also supporting SFAD, five Principal Officials joined the activities held in various districts today. They were the Chief Secretary for Administration, Mr Matthew Cheung Kin-chung, who visited Kowloon Park Sports Centre in Yau Tsim Mong District; the Secretary for the Environment, Mr Wong Kam-sing, who visited Tiu Keng Leng Sports Centre in Sai Kung District; the Secretary for Labour and Welfare, Dr Law Chi-kiung, who visited Hong Kong Park Sports Centre in Central and Western District; the Secretary for Transport and Housing, Mr Frank Chan Fan, who visited Tai Po Hui Sports Centre in Tai Po District; and the Acting Secretary for Education, Dr Choi Yuk-lin, who visited To Kwa Wan Sports Centre in Kowloon City District to join related activities.

"Stay Active, Healthy and Happy!" has been adopted as the slogan of SFAD to promote the event and publicise the benefits of regular exercise, aiming to convey to the public that daily exercise is advantageous to both body and mind and to encourage them to do more exercise in their daily lives.

The LCSD has also invited the 18 District Councils, National Sports Associations, district sports associations, community sports clubs and

community sport organisations, as well as privately run sports clubs and health centres, to organise activities and offer facilities for the public to enjoy today in support of the event.

SFAD 2018 is co-organised by the Department of Health; the Sports Medicine Team of the Chinese University of Hong Kong; the Sports Medicine and Health Science Alumni Association of the Chinese University of Hong Kong; the Physical Fitness Association of Hong Kong, China; the Hong Kong Paralympic Committee and Sports Association for the Physically Disabled; the Hong Kong Sports Association for Persons with Intellectual Disability; and the Hong Kong Shuttlecock Association Limited.