

LCSD launches online videos to demonstrate physical fitness exercise (with photos)

The Leisure and Cultural Services Department (LCSD) launched a new series of physical fitness exercise demonstration videos online today (August 2) to promote the message of Sport For All Day and encourage people to stay home and exercise during the epidemic.

The LCSD holds Sport For All Day in early August every year to encourage people to maintain a healthy lifestyle by exercising at least half an hour a day. In view of the latest situation of COVID-19, the LCSD launched the online videos this year instead to publicise the benefits of exercise for the body and the mind.

The videos introduce simple and easy-to-learn forms of fitness exercise designed for people of all ages and abilities, including aerobic exercise suitable for the general public, interactive fitness exercise for parents and children, exercise to increase joint flexibility for the elderly, hip-hop dance for youths, and other types of fitness exercise for school students, sports enthusiasts and the middle-aged.

Members of the public can watch the videos, which feature exercise designed by the Physical Fitness Association of Hong Kong, China, on the Sport For All Day website (www.lcsd.gov.hk/en/sfad/2020/index.html), at the Online Resources Centre (www.lcsd.gov.hk/en/onlineresources.html) of the LCSD or on the Home Affairs Bureau Facebook page (www.facebook.com/HomeAffairsBureau) and share the fun of sports at home.



