

# LCSD promotes sport for all online

To align with the Government's latest anti-epidemic measures, the Leisure and Cultural Services Department (LCSD) announced that the opening of leisure facilities for free use scheduled for Sport For All Day 2020 on August 2 (Sunday) will be cancelled. The LCSD will instead webcast a new series of physical fitness exercise demonstration videos on that day to encourage the public to stay home and exercise during the epidemic.

The LCSD opens most of its leisure facilities for public use without charge on Sport For All Day, which is held in August annually. It aims to encourage people of all ages and abilities to maintain a healthy lifestyle by participating in sports activities and fostering the habit of exercising at least half an hour a day.

In view of the latest situation of COVID-19, the LCSD has temporarily closed its leisure venues and facilities since July 15, while passive/amenity areas and outdoor jogging tracks at parks remain open.

Members of the public can watch the fitness exercise video on the event website ([www.lcsd.gov.hk/en/sfad/2020/index.html](http://www.lcsd.gov.hk/en/sfad/2020/index.html)) or the online resources centre ([www.lcsd.gov.hk/en/onlineresources.html](http://www.lcsd.gov.hk/en/onlineresources.html)) of the LCSD from August 2. The video will introduce a series of simple and easy-to-learn fitness exercises designed by the Physical Fitness Association of Hong Kong, China, suitable for people to do regularly at home. The LCSD launched the one-stop online resources centre in early April. It offers a variety of e-resources and allows the public to enjoy various leisure and cultural activities online anywhere anytime.