

Members of public actively join Sport For All Day 2019

Sport For All Day 2019, organised by the Leisure and Cultural Services Department (LCSD), was held successfully yesterday (August 4). More than 180 000 people participated in free recreation and sports programmes at designated venues and enjoyed free use of the LCSD's leisure facilities.

"Members of the public enthusiastically supported the event. More than 155 000 people used our free facilities yesterday. A usage rate of over 97 per cent was recorded for the main arenas of sport centres. More than 77 000 people also enjoyed swimming for free at LCSD swimming pools," a spokesman for the LCSD said today (August 5).

A variety of free recreation and sports programmes were held yesterday, including wushu participation sessions, health talks and exercise demonstrations, fitness corners, sports participation sessions, sports activities for parents with children and activities for persons with or without disabilities. More than 29 000 people took part in these programmes.

The spokesman said the LCSD will continue to promote sport for all in the community and the benefits of doing exercise regularly. Members of the public are encouraged to exercise at least half an hour a day for a healthy and happy life.