

More than 210 000 people join Sport For All Day 2024

The Sport For All Day 2024, organised by the Leisure and Cultural Services Department (LCSD), was held yesterday (August 4). More than 210 000 people participated in free recreation and sports programmes at designated venues and enjoyed free use of the LCSD's leisure facilities as well as a live webcast. They also cheered for the national team and Hong Kong athletes participating in the 2024 Paris Olympic Games.

"The event was well-received by members of the public. More than 170 000 people used our free facilities yesterday. A usage rate of over 95 per cent was recorded for the main arenas of sport centres. More than 81 000 people also enjoyed swimming for free at LCSD swimming pools," a spokesman for the LCSD said today (August 5).

The theme of the Sport For All Day this year was "Parent-child Exercise for Fun and Fitness". More than 26 000 people took part in a wide variety of free recreation and sports programmes held at designated sports centres in 18 districts, including parent-child sports activities, Olympic sports-related activities, experiential activities for new sports as well as urban sports, electronic virtual sports, fitness corners, health talks, and activities for the elderly and persons with disabilities.

The LCSD organised a series of physical fitness demonstrations and fun games, and arranged a live webcast yesterday via the dedicated website (www.lcsd.gov.hk/en/sfad) and the "LCSD Plusss" Facebook page (www.facebook.com/LCSDPlusss). More than 17 000 viewers joined the sports demonstrations through online platforms in real time. Members of the public can also review the sports videos on the dedicated website to establish a healthy lifestyle.

The LCSD will continue to encourage public participation in various types of sports activities and develop a strong sporting culture in the community.