

Nearly 200 000 people join Sport For All Day 2023

Sport For All Day 2023, organised by the Leisure and Cultural Services Department (LCSD), was held successfully yesterday (August 6). Nearly 200 000 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 showed support to Hong Kong athletes participating in the Hangzhou 19th Asian Games.

"Members of the public supported the event in person. More than 160 000 people used our free facilities yesterday. A usage rate of around 99 per cent was recorded for the main arenas of sport centres. More than 74 000 people also enjoyed swimming for free at LCSD swimming pools," a spokesman for the LCSD said today (August 7).

More than 21 000 people took part in a variety of free recreation and sports programmes at designated sports centres in the 18 districts, which included fitness corners, sports activities for parents, children and adolescents, health talks, as well as sports demonstrations and fun games for the elderly and persons with disabilities.

The focal activity of Sport For All Day this year was "fitness exercise for wellness". The LCSD organised a series of physical fitness demonstrations and play-in sessions, 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 15 000 viewers joined the sports demonstrations through online platforms in real time. Members of the public can revisit the sports videos on the website to share the fun of sports anytime and anywhere.

The LCSD will continue to promote sport for all in the community, encourage people of all ages and abilities to engage in sports activities and develop a culture of regular exercise.