

## Sport For All Day 2019 promotes benefits of regular exercise (with photos)

The Leisure and Cultural Services Department (LCSD) held Sport For All Day 2019 today (August 4) to encourage members of the public to enjoy the fun of sports.

Sport For All Day has been held annually since 2009 to encourage the public to develop the habit of exercising regularly. Adopting "Stay Active, Healthy and Happy!" as the slogan, the event promotes the benefits of exercise, aiming to convey to the public that exercising at least half an hour daily is good for both body and mind.

The Secretary for Home Affairs, Mr Lau Kong-wah, accompanied by the Director of Leisure and Cultural Services, Ms Michelle Li; the Deputy Director of Leisure and Cultural Services (Leisure Services), Ms Ida Lee; the Chairman of the Yau Tsim Mong District Council, Mr Chris Ip; and the District Officer (Yau Tsim Mong), Mrs Laura Aron, joined members of the public at Sport For All Day activities to share the fun of doing exercises at Kowloon Park Sports Centre.

Mr Lau and other guests watched a wushu demonstration before enjoying towel exercise with the participants. They also watched a floor hockey competition by athletes with disabilities, a fun parent-child game, an indoor dragon boat participation session, and a fitness test.

In support of Sport For All Day, five other officials also participated in activities held in various districts today. They were the Financial Secretary, Mr Paul Chan, who visited Harbour Road Sports Centre in Wan Chai District; the Secretary for the Environment, Mr Wong Kam-sing, who visited Sai Wan Ho Sports Centre in Eastern District; the Secretary for Constitutional and Mainland Affairs, Mr Patrick Nip, who visited Ma On Shan Sports Centre in Sha Tin District; the Secretary for Transport and Housing, Mr Frank Chan Fan, who visited Ap Lei Chau Sports Centre in Southern District; and the Under Secretary for Education, Dr Choi Yuk-lin, who visited Lam Tin South Sports Centre in Kwun Tong District.

Wushu is the focal sport of the event this year. Related demonstrations and participation sessions were held to promote the sport. Other free recreation and sports programmes were offered at designated sports centres today, including health talks and exercise demonstrations, fitness corners, sports participation sessions, sports activities for parents with children and activities for persons with or without disabilities.

Most of the LCSD's leisure facilities were also open for free use today, such as venues for different ball games, fitness rooms, activity rooms, sport

climbing walls, golf facilities and public swimming pools as well as craft of water sports centres.

The LCSD also invited the 18 District Councils, National Sports Associations, district sports associations, community sports clubs and community sport organisations, as well as privately run sports clubs and health centres, to organise activities and offer facilities for the public to enjoy today in support of the event in the community.

Sport For All Day 2019 is co-organised by the Department of Health; the Sports Medicine Team of the Chinese University of Hong Kong (CUHK); the Sports Medicine and Health Science Alumni Association of the CUHK; the Physical Fitness Association of Hong Kong, China; the Hong Kong Sports Association for Persons with Intellectual Disability; and the Hong Kong Wushu Union.



