

Staying fit amid COVID-19

To motivate the public to stay safe and fit during the COVID-19 epidemic, the Government is giving citizens the opportunity to exercise in the comfort of their own homes via online classes.

With professional coaches as teachers, the Leisure and Cultural Services Department's Online Interactive Sports Training Programmes offer various types of activities which are suitable for people of all ages.

News.gov.hk spoke to two coaches to learn more about this scheme.

The story is available at www.news.gov.hk/eng/feature today (July 4) in text and video format.