



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
SPORT, ARTS & CULTURE



MEDIA RELEASE FOR IMMEDIATE RELEASE

Tuesday, 28 September 2021

For attention Editors and Journalists

LIMPOPO STAGES PROVINCIAL BIG WALK 2021

The Limpopo MEC for Sport, Arts and Culture, Ms. Thandi Moraka invites media and community members to join the Provincial Big Walk scheduled for this coming Sunday at Makhado Show Grounds. The Department of Sport, Arts and Culture in collaboration with Vhembe District and Makhado Municipality, respectively, will stage a vibrant Provincial Big Walk 2021, to be led by a South African Paralympic Bronze medalist, Sheryl James. The event includes the 5km, 10km and 15km walk, Mass Aerobics and cycling.

The Department will join the rest of the country in staging this year's edition of the Big Walk with an anticipation of attracting young to senior citizens of the province. The '**BIG WALK**' Programme was established by the National Department of Sport, Arts and Culture and it is suitable for all, rich and poor, people with disability, young and old and has no financial implications.

The main aim of the programme is to promote social cohesion and nation building furthermore to encourage people to take up the habit of walking on regular basis, and to begin to engage in walking as a conscious choice in leisure-time activities. The programme was prompted by the ever-increasing number of obesity and high incidence of heart attack amongst the communities. Walking is an effective form of physical activity for improving the cardio-vascular system that is the heart, blood vessels and lungs.

Limpopo Provincial BIG WALK 2021 will be staged as follows:

Date	: 03 October 2021 (Sunday)
Venue	: Makhado Show Grounds, Makhado Municipality Vhembe District
Time	: 08:00

The 3rd of October will be a fun-filled day with loads of entertainment that will encourage families, communities, and athletes to actively participate in various recreational activities that promotes family togetherness, living healthy and active lifestyles.

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