



# LIMPOPO

PROVINCIAL GOVERNMENT  
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF  
SPORT, ARTS & CULTURE

## MEDIA RELEASE

### FOR IMMEDIATE RELEASE

For attention Editors and journalists

Monday, December 2, 2013

### LIMPOPO HOSTS PROVINCIAL BIG WALK 2013

The Department of Sport, Arts and Culture continues with its vision of encouraging an active and winning nation by promoting of healthy life style through sport and recreation activities especially through regular WALKS. The Limpopo Provincial Big Walk is a family day which encompasses Junior Dipapadi/young championship for kids, and the launch of Provincial inter-Departmental League which will encourage sport and recreation amongst government employees. Community members are encouraged to bring their kids to attend this magnificent event.

**The Limpopo Provincial 'BIG WALK 2013' will be held as follows:**

**Date** : 07 December 2013

**Venue** : Polokwane Cricket Club, Polokwane Municipality, Capricorn District

**Time** : 08:00

The Walking Programme – BIG WALK established by the department, accommodates and it is suitable for all, rich and poor, people with disability, young and old. The main aim of the programme is to encourage people to take up the habit of walking, and to begin to engage in walking as a conscious choice in leisure-time activities. The programme is 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.

For more information and interviews arrangements, please contact Jermina Kaka – 082 560 7197/(015) 284-4321/[kakaj@sac.limpopo.gov.za](mailto:kakaj@sac.limpopo.gov.za) or Khathu Sadiki 082 932 6086/(015) 284-4006 [sadikik@sac.limpopo.gov.za](mailto:sadikik@sac.limpopo.gov.za)

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