



MEDIA RELEASE FOR IMMEDIATE RELEASE

Monday, 26 September, 2016

For attention Editors and Journalists

LIMPOPO HOSTS PROVINCIAL BIG WALK 2016

Join the Department of Sport, Arts and Culture, this Saturday, as it brings the streets of Polokwane to a halt with vibrant Provincial Big Walk. The Department will join the rest of the country in staging the fifth edition of the Big Walk with an anticipation of attracting young to senior citizens. The Walking Programme– '**BIG WALK**' was established by the Department of Sport and Recreation and it is suitable for all, rich and poor, people with disability, young and old.

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, 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.

The 2nd 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. Parents are encouraged to bring in their children to take part in kids' corner.

Limpopo Provincial BIG WALK 2016 will be staged as follows:

Date : 02 October 2016 (Sunday)

Venue : Polokwane Rugby Field
Polokwane Municipality, Capricorn District

Time : 07:30

For more information please contact the Departmental Spokesperson, Mr. Kola Maila 072 621 7370/ (015) 284 4007/ mailak@sac.limpopo.gov.za or Jermina Kaka – 082 560 7197/ (015)284-4321 kakaj@sac.limpopo.gov.za

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