



03 October 2019

FREE STATE NATIONAL RECREATION DAY AND BIG WALK

The Free State Department of Sport, Arts, Culture and Recreation (DSACR) will commemorate the National Recreation Day (NRD) as part of the ongoing campaign to educate society around the importance of recreation and engaging in physical activities. The aim is to have the majority of South African citizens embracing and participating in physical activities in a fun and leisurely fashion and further create a long-term campaign of improving levels of participation of citizens in active recreation programs for lifelong wellness.

NRD is a highlight of “I choose to be Active Campaign” during which the country showcases different recreation programmes that can be undertaken by individuals on their own. In terms of the National Sport and Recreation Plan (NSRP), NRD is part of active recreation programme under the Active Nation pillar. The event was launched in October 2015 and the first event took place on 2nd October 2015. Since then the event has been observed on the first Friday of October month each year, as declared by national cabinet.

2019 marks the 5th edition of the National Recreation Day which will be celebrated in the Free State as follows:

DATE: 04 October 2019

TIME: 08h00 – 16h00

VENUE: Mangaung Outdoor Sport Centre; Bloemfontein

In addition to the National Recreation Day programme, DSACR will also implement a Big Walk with the main aim of promoting walking as a conscious choice and

developing it into a habit by citizens. It will also encourage citizens to keep fit through taking a walk and maintaining an active lifestyle. The BIG Walk is planned as follows:

DATE: 05 October 2019

TIME: 07h00 – 14h00

VENUE: Mangaung Outdoor Sport Centre; Bloemfontein

Entry forms for both events are available at the Sport and Recreation Offices which are located at the Free State Psychiatric Complex in Bloemfontein. For more information interested participants can contact lichabat@sacr.fs.gov.za or call 051 407 3500/94 or 066 479 1216.

Your media house is invited to attend these events.

Issued by the Free State Department of Sport, Arts, Culture and Recreation (DSACR)

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