



03 October 2023

## DSACR HOSTS BIG WALK AND NATIONAL RECREATION DAY

The Free State Department of Sport, Arts, Culture and Recreation will host the annual Big Walk and National Recreation Day programme in Bloemfontein on 6 October 2023 as part of the quest to promote healthy lifestyles in communities. The hosting of the National Recreation Day as an annual programme is the resolution of national Cabinet. This Cabinet resolution has paved a way for a nationwide campaign to educate society around the importance of recreation and engaging in physical activities and programmes to promote healthy lifestyles with the following specific outcomes:

- 1) Increase and maintain adequate levels of health enhancing physical activity for all South Africans;
- 2) Contribute to the achievement of optimal health for all, the complete physical, mental and social wellbeing;
- 3) Promote active recreation and increase physical activity;
- 4) Improve the health and well-being of the nation by providing participation opportunities through active recreation.

The **Big Walk Programme** will be staged under the following arrangements:

**Date:** 6 October 2023

**Time:** 06:00-09:30

**Venue:** **Route 1:** From Dr. Rantlai Molemela Stadium to Central University of Technology (for 8, 5 Kilometers Walk)

**Route 2:** From Paradise Hall to Central University of Technology (for 5 Kilometers Walk)

Shuttle service will be available from the Free State Psychiatric Complex to Dr Rantlai Molemela stadium and Paradise Hall for those who would like to leave their cars behind before proceeding to the starting points of the Big Walk.

The **Recreational Day Programme** will be hosted under the following arrangements:

**Date:** 6 October 2023

**Time:** 10:00 -16H00

**Venue:** Central University of Technology (Bloemfontein)

“We continue to encourage our communities to engage in physical and recreational activities on a daily basis as part of maintaining healthy conditions and disease prevention. It is through active lifestyles that we can contribute towards the reduction of the disease burdens in our communities. This Big Walk and National Recreation Day activities are aimed at mobilizing communities towards that goal of active living”, stated the Member of the Executive for Sport, Arts, Culture and Recreation in the Free State, Mrs. Limakatso Mahasa.

Various sport and recreational activities such as Soccer, Netball and Indigenous Games will be staged as part of the recreational programme. A number of public and private sector partners such as Athletic Clubs, Free State Sport Confederation, Mangaung Golden Games, Love Life, GEMS, SANLAM, Old Mutual and Liberty Life will be on board to provide healthy living promotional programmes.

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

**Media Enquiries:**

Tankiso Zola  
Department Spokesperson  
**Cell:** 082 940 2392  
**Email:** [tankiso@sacr.fs.gov.za](mailto:tankiso@sacr.fs.gov.za)

**General Enquiries:**

Tshegofatso Moses  
Manager: Community Sports  
066 479 0462  
[tshegofatso@sacr.fs.gov.za](mailto:tshegofatso@sacr.fs.gov.za)

Follow us by pressing ctrl – click on the links below:



***#ChampioningSocialTransformation***