



**sport & recreation**

Department:  
Sport and Recreation South Africa  
REPUBLIC OF SOUTH AFRICA



**To All media**

**Date: 01 August 2018**

## **MEDIA RELEASE, BIG WALK AND NATIONAL RECREATION DAY ONLINE REGISTRATION OPENS**

2018 marks the Centenary celebrations of 'Tata' Nelson Mandela birthday under a theme: "Be The Legacy, Celebrating the birth of a world icon and a life of service". This year also marks the Centenary year celebrations of Mama Albertina Sisulu – the doyen of South Africa's struggle for freedom and democracy under the theme, Albertina Sisulu: A Woman of Fortitude.

Based on both these iconic centenary celebrations, 2018 has been marked with multiplicity of activities in dedication to their sacrifices for their attainment of a democratic, non-discriminatory South Africa. These hand-picked activities in recognising both renowned freedom stalwarts, commenced back in March 2018 and scheduled to continue throughout the year.

Sport and Recreation South Africa dedicated number of events in recognising both freedom stalwart's selfless dedications to the liberation struggle. Amongst those events selected, included as well is the annual Big Walk and National Recreation day. Both these events are pillars of Sport and Recreation South Africa "I choose to be active" campaign which places emphasis on healthy lifestyle.

According to the Global Recommendations on Physical Activity for Health of World Health Organisation (WHO: 2010) Physical inactivity is now identified as the forth leading risk factors for global mortality. Physical inactivity level is rising in many countries with major implications for the prevalence of noncommunicable diseases (NCDs) and the general health of the population worldwide.

The World Health Organisation: NCD Country Profile, 2014 estimates that 43% of deaths in South Africa are associated with the NCD, and the risk factors associated with NCD its physical inactivity and obesity. According to Healthy Living Alliance almost 70% of women and 39% of men are overweight

in South Africa and the country has the highest obesity rate in Sub-Saharan Africa.

*“Universal Declaration of Human Rights (article 24) states that all people have basic human right to recreation activities. National Sport and Recreation Plan reinforces this notion that recreation plays a pivotal role in improving the health and wellbeing of an individual, creating liveable communities and promoting social cohesion. Informed by the National Development Plan (NDP) vision 2030, National Sport and Recreation Plan (NSRP) envisage that by 2030 fifty percent (50%) of South Africans will be participating in sport and active recreation.*

*It is against this background that active recreation is at the core of Sport and Recreation South Africa (SRSA) programmes. Importantly, in 2014 Cabinet declared the first Friday of October each year as National Recreation Day granting all South Africans an opportunity to get involved in active recreation activities.*

*In line with the Cabinet decision, my Sport and Recreation Department in 2015 conceptualised and started “**I Choose to be Active**” campaign which is a call to action for all South Africans to engage in physical activity including myself hence, I will ask everyone this question: - “**How about you?**”. Importantly the campaign seeks to change the behaviour of all South Africans and attitude towards healthy living and physical activity”, stated Minister TokoxileXasa.*

This year (2018) National Recreation Day (NRD) is scheduled to take place on Friday, 5th October and the Annual Big Walk on Sunday, 7<sup>th</sup> October 2018 across all nine provinces with details outlined as follows:

| PROVINCES    | THE BIG WALK:<br>VENUES  | NATIONAL<br>RECREATION DAY:<br>VENUES  | CONTACT   |
|--------------|--|--|---|
| National     | Tshwane, Fountains Valley Resort<br><br>Ms. NtombiseMene<br><a href="mailto:ntombise@srsa.gov.za">ntombise@srsa.gov.za</a><br>012 304 5169 | Tshwane, Union Building<br><br>Ms. NonkosiManyanda<br><a href="mailto:nonkosi@srsa.gov.za">nonkosi@srsa.gov.za</a><br>012 304 5214 | Ms. NtombiseMene<br><a href="mailto:ntombise@srsa.gov.za">ntombise@srsa.gov.za</a><br>012 304 5169<br><br>Ms. NonkosiManyanda<br><a href="mailto:nonkosi@srsa.gov.za">nonkosi@srsa.gov.za</a><br>012 304 5214 |
| Eastern Cape | Port Elizabeth, Motherwell NU2 Stadium   | Bisho, Bisho Stadium   | Ms. NtutuMvambo<br><a href="mailto:Ntutu.mvambo@ecsrac.gov.za">Ntutu.mvambo@ecsrac.gov.za</a><br>043 492 0233   |

|                |   |   |  |
|----------------|---|---|--|
| Free State     | Bloemfontain, Mangaung Sport Complex        | Bloemfontein, Masenkeng Sport Grounds     | Ms. Tshegofatso Moses<br><a href="mailto:Tshegofatso@sacr.fs.gov.za">Tshegofatso@sacr.fs.gov.za</a><br>051 407 3500  |
| Gauteng        | Tshwane Fountains Valley Resort             | Kagiso Township Multipurpose              | Mr. Andrew Phalane<br><a href="mailto:Andrew.phalane@gauteng.gov.za">Andrew.phalane@gauteng.gov.za</a><br>011 355 2604   |
| Kwa-Zulu Natal | Pietermaritzburg CBD                        | Nhlalakahle Township, Lucky Sport Stadium | Ms. Thuli Dladla<br><a href="mailto:thuli@dladla@kzndsr.gov.za">thuli@dladla@kzndsr.gov.za</a><br>033 897 940  |
| Limpopo        | Polokwane, Old Peter Mokaba Rugby Fields    | Polokwane Cricket Club                    | Ms. Mpho Ledwaba<br><a href="mailto:ledwabap@sac.limpopo.gov.za">ledwabap@sac.limpopo.gov.za</a><br>015 284 4028   |
| Mpumalanga     | Nelspruit, Mbombela Stadium                 | Nelspruit, Mbombela Stadium               | Ms. Tamara Hutton<br><a href="mailto:tfhutton@mpg.gov.za">tfhutton@mpg.gov.za</a><br>013 766 5150  |
| Northern Cape  | Kimberly, AR Abaas                          | Kimberly Galeshewe Stadium                | Mr. Gilbert Baisitswe<br><a href="mailto:gbaisitwe@ncpg.gov.za">gbaisitwe@ncpg.gov.za</a><br>053 839 5931<br><br>Ms. KgalaleloNkokou<br><a href="mailto:knkokou@gmail.com">knkokou@gmail.com</a><br>053 839 5920 |
| North West     | Mmabatho, Mmabatho Stadium                  | Mmabatho, Mmabatho Stadium                | Ms. Revelation Masibi<br><a href="mailto:masibik@nwpg.gov.za">masibik@nwpg.gov.za</a><br>018 388 2790  |
| Western Cape   | Cape Town, Khayalisha: Mandela Park Stadium | Cape Town, Lentergeur Sport Field         | Mr. Jody Urion<br><a href="mailto:Jody.urion@westerncape.gov.za">Jody.urion@westerncape.gov.za</a><br>021 483 9629/9818  |

Note that registration for both activities is free and will be taking place from 1<sup>st</sup> August – 7<sup>th</sup> September 2018, interested participants can access the registration link on Sport and Recreation South Africa website: [www.srs.gov.za](http://www.srs.gov.za).

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For more information members of the media are required to contact:

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