Press Release:

The Malta Association of Physiotherapists honours the World Physiotherapy Day by organising a Sports Day called “Fit for Future”

The Malta Association of Physiotherapists (MAP) in collaboration with the Mellieha Local Council, the Kunsill Malti ghall-Isport, the Health Promotion and Disease Prevention Directorate and Mellieha Primary School has celebrated the World Physiotherapy Day on Wednesday 21st August 2013, at “Avventura Sajf 2013”.

Mr Matthew Azzopardi, President of the MAP has launched the campaign by addressing the students and their relatives during the event. It was estimated that 150 children and their relatives were present to this Sports Day. Mayor John Buttigieg, Mayor of Mellieha Local Council, Mr Jonathan Barbara, Chairman of Kunsill Malti ghall-Isport, Dr Mariella Borg Buontempo, Health Promotion and Disease Prevention Directorate and Hon. Evarist Bartolo, Minister for Education and Employment.

Mr Matthew Azzopardi explained that the physiotherapists have an important role in prescribing physical activity as part of the prevention and management of obesity in children.

This event is co-ordinated internationally by the World Confederation of Physiotherapists (WCPT) to celebrate the “World Physiotherapy Day”. The Malta Association of Physiotherapists is a member organisation of WCPT, and it is supported by the Confederation in organising these campaigns. World Physiotherapy day (8th September) marks the unity and solidarity of the physiotherapy community from 101 countries around the world (including Malta).

Mr Matthew Azzopardi emphasised that the World Physiotherapy Day is an opportunity for physiotherapists all over the world to raise awareness about the physiotherapy profession and this year the MAP has focused on targeting this issue in a family context.

He concluded by encouraging everyone to engage in physical activities as a family activity on a regular basis, which will promote a healthy lifestyle and also become an enjoyable activity as part of the daily family routine.

For further information about the event please refer to the programme of events in the press pack.

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