

PRESS RELEASE

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BVI Moves Community Walk Scheduled for April 12

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WALK & AEROBICS

SATURDAY, 12th APRIL, 2025
BANDSTAND IN LONG BUSH
START AT 6:00 a.m.

Starting Point
Bandstand in Long Bush

Route
High Court → Flemming Street → DeCastro Street → Admin Drive → Queen Elizabeth Park

Activities
20-minute aerobics session at Queen Elizabeth Park

Ending Point
Bandstand in Long Bush





The Ministry of Health and Social Development is increasing efforts to encourage residents of the Virgin Islands to be physically active as part of its BVI Moves programme.

Public Health Officer, Ms. Renee Leonard said the programme continues to grow through the support of partners Unite BVI and Ms. Lisa Adamson of LA fitness.

Ms. Leonard said, “We want to make sure that we have monthly community activities that promotes physical activity, sometimes it will be a walk, sometimes aerobic sessions, but whatever the activity it will be fun and inclusive so that our youth and seniors can participate.”

The next walk is scheduled for Saturday, April 12 at 6:00 a.m. starting from the Bandstand in Long Bush following the route by the High Court, along Fleming Street, down to DeCastro Street, onto Administrative Drive, with the final destination at the Queen Elizabeth II Park. At the park, a 20 minute aerobic session will be held before embarking back along the path to the bandstand.

The BVI Moves programme uses a three-pronged approach by establishing partnerships with communities, schools and workplaces.

“Register your group or as an individual and be the first to know about activities and information that will support and promote a healthier wellbeing,” Ms. Leonard said.

Interested persons can contact Ms. Leonard via telephone at 284-468-2273 or via email at rleonard@gov.vg.

The BVI Moves programme is designed to promote regular physical activity, encourage healthy eating as the foundation for good health and raise awareness to reduce non communicable disease risk factors.