



Press Release

Punjab players did physical exercises during camp training

LAHORE (Dec 20, 2017): Punjab teams' training camps for the preparation of Quaid-i-Azam Inter-Provincial Games are under progress at several venues on Wednesday. The second edition of Quaid-i-Azam Inter-Provincial Games being organised at Islamabad from December 25-29, 2017.

It's worth mentioning that Punjab teams' training camps are under progress at several venues in Lahore under the directives of Secretary Sports Punjab Muhammad Aamir Jan.

The hockey, wrestling, volleyball and kabaddi players did physical exercises, jogging and jumping in two sessions during the camp proceedings on Wednesday. The coaches advised their players to do exercises according to their physical stamina.

Addressing the hockey players, senior provincial coach Nawaz Dogar said a player can't utilize his talent properly without perfect fitness. "Perfect fitness is essential for participation in top level sports competitions," he opined.

He also advised players to take balanced food to keep their fitness in excellent shape. "Besides sports, the players should also do routine exercises in daily life. In this way they can save themselves from different kinds of diseases," he added.