

July 29, 2020

DOH-CITRUS' NO-COST "SAVE A HEART 5K" GOES VIRTUAL AMID PANDEMIC

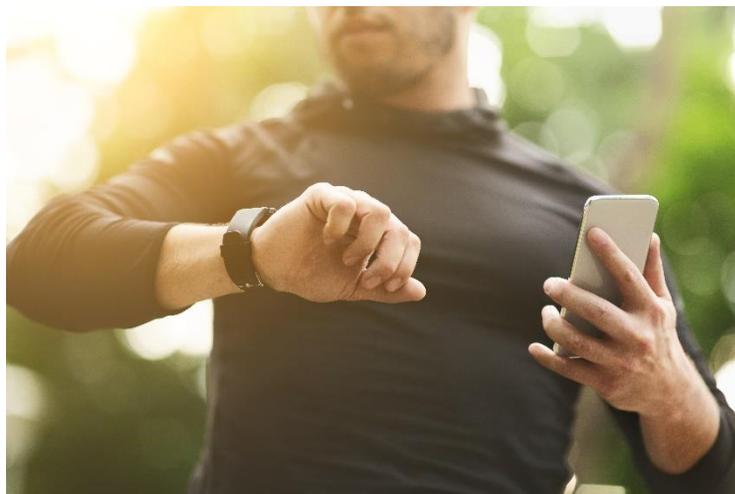


CONTACT:

Carmen Hernandez, Community Health Program Administrator

Carmen.Hernandez@FLHealth.gov

352-513-6072



COVID-19 has undoubtedly disrupted routines and put healthy lifestyle choices to the test in 2020.

Fortunately for Citrus County residents and visitors, the Florida Department of Health in Citrus County's (DOH-Citrus) annual no-cost "Save a Heart 5K" event will be continuing virtually this year.

Registration for the virtual event opens Friday, Aug. 7. until Monday, Sept. 14. To register for the event online, and for more information, visit

<https://runsignup.com/race/FL/CitrusCounty/SaveAHeart5K>.

Each year, DOH-Citrus hosts the no-cost event to spotlight World Heart Day (September 29), an observance held to raise awareness of the benefits of physical activity, maintaining a healthy weight and making good lifestyle choices as the best ways to prevent heart disease and stroke. This year's virtual event aims to be no different.

"While we are disappointed our 5K won't take on its familiar form due to the pandemic, we are excited to continue our tradition through a virtual platform," said Carmen Hernandez, DOH-Citrus Community Health Program Administrator. "With current COVID-19 social distancing recommendations, we feel this method is the safest way for our community to get outside and get active with their families and friends."

Participants can upload their distance, times and activities on the event website beginning on Friday, Sept. 18 until Sunday, Oct. 4. Individuals can participate at their own pace, time and location, either separately or within teams, as they track their preferred measure through different activities, such as walking, running, cycling, swimming, paddle/rowing, yoga, kickboxing, tai-chi, among others.

Participants who register will receive a commemorative 5K t-shirt while supplies last. Please visit the event website for more information on t-shirt pickup times and locations.

For more information about the event, visit

<https://runsignup.com/race/FL/CitrusCounty/SaveAHeart5K>.

For more information about DOH-Citrus, visit www.CitrusCountyHealth.org or follow us on Twitter at [@FLHealthCitrus](https://twitter.com/FLHealthCitrus).

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health, please visit www.FloridaHealth.gov.