

Heroes Virtual Race

According to the Centers for Diseases Control and Prevention (CDC), fear and anxiety due to COVID isolation requirements have caused unhealthy lifestyle changes ("Coronavirus Disease 2019 (COVID-19)", 2020) such as poor eating and decreased physical activity. Data also show an increase in excessive drinking ("COVID-19 pandemic brings new concerns about excessive drinking", 2020) as a way for people to cope with stress. Poor habits lead to other chronic conditions that affect the brain, heart, and other organs. The City of Albuquerque (CABQ), in conjunction with The Solutions Group (TSG), is here to help you get back on track and improve your health with a virtual race with a purpose event.

Race for our Heroes begins September 7, 2020, and ends on September 14, 2020, at midnight. Registration is open now until Sunday, September 13th. All Adult participants who complete their event will receive a DriFit shirt while all youth who complete the race will receive a medal. Choose your route, location, mode of exercise, and dedicate your race to a personal hero to show your appreciation. Honor the hero(es) you are exercising for when you register yourself and your family at <https://www.surveymonkey.com/r/TQMR5ZW>. Heroes will be displayed on a virtual wall of heroes. Participants must upload their results (a link will be sent to all who register) by midnight, September 14, to receive the DriFit shirt or medal and be entered into a drawing to win a Fitbit Inspire HR.

Need help getting started? Sign up for the Desk 2 5K Virtual Training Program at <https://phs.us7.list-manage.com/subscribe?u=2329664a7d85671709714e0d4&id=e5e571463c>

For more information, see the City eWeb Announcements or contact the Health & Wellness Coordinator at 768-2921 or rkarman@cabq.gov.

Reference

Coronavirus Disease 2019 (COVID-19). Centers for Disease Control and Prevention. (2020). Retrieved 29 July 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

COVID-19 pandemic brings new concerns about excessive drinking. www.heart.org. (2020). Retrieved 29 July 2020, from <https://www.heart.org/en/news/2020/07/01/covid-19-pandemic-brings-new-concerns-about-excessive-drinking>.