



NEWS FROM CITY HALL

FOR IMMEDIATE RELEASE, MARCH 5, 2015

FOR FURTHER INFORMATION CONTACT: LISA MOSCA, COMMUNICATIONS OFFICER

407.688-5019 • LISA.MOSCA@SANFORDFL.GOV

Sanford Is a Healthy Weight Community Champion *1st annual Live, Work, Move Seminole 5K Run/Walk April 11*

Through the Florida Surgeon General Healthy Weight Community Champion Recognition Program we are proud to announce the City of Sanford's designation as a 2015 Community Champion. Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida's children and adults make choices about healthy eating and active living.

The City positively impacts the health environment in the Sanford community by providing access to over 38 parks, the RiverWalk, and by providing access to fresh fruits and vegetables during the weekly Farmer's Market held Saturdays in downtown Sanford's Magnolia Square 10AM-3PM.

You can celebrate your health by walking or running in the *1st annual Live, Work, Move Seminole 5K Run/Walk and Health and Fitness Expo*, sponsored by the Seminole County Department of Health. The purpose of the event is to celebrate healthy living during National Public Health Week, which is April 6 – 12, 2015. The *5K Run/Walk and Health and Fitness Expo* will be held on Saturday, April 11th, from 7:30PM– 12:00 NOON (race at 8AM, Health and Fitness Expo at 9AM) along the beautiful RiverWalk and FT. Mellon Park in Sanford. The goal of the event is to encourage residents and visitors of Sanford and Seminole County to become more physically active and focus on personal wellness. The purpose is to encourage a healthy residential and recreational environment. At this event, the City of Sanford will be receiving the 2015 Healthy Weight Community Champion recognition from the Seminole County Department of Health. We invite you to celebrate this recognition with us.

Registration: <https://runsignup.com/Race/FL/Sanford/LIVEWORKMOVESEMINOLE5KRunWalk>

The City is committed to help make Florida the healthiest state in the nation. Be a part of Sanford's Healthy Weight Community, participate in physical activity and eat healthy food. Sanford is a Healthy Community Champion!

###