

5KM@SOA

CHÔDZA BEH

1ST ANNUAL AWARENESS-RAISING EVENT AGAINST OBESITY

Obesity is an epidemic of civilization and has enormous impact on a person's health and comfort. Often viewed as merely a problem of aesthetics, it is nevertheless a serious chronic condition. Do you run? No? No problem. Doesn't matter if you finish the 5km running, walking, in a wheelchair, hand-bike or pushing a stroller.

YOUR 5 KM TOO, CONTRIBUTES TO THE FIGHT AGAINST OBESITY!

Help share awareness about obesity and join the 5km@SOA online challenge.

Date: Oct 17 – 23 2022 During the 4th congress of the Slovak Obesitology Association and the 20th Slovak Obesitology Days with international participation

Event format: virtual run/walk/hike for awareness

Location and distance: 5 km anywhere

Duration: Anytime during the event, between Oct 17th 2022 00:00 and Oct 23rd 2022 24:00

Join our club on STRAVA: "5km@SOA" and accept the challenge: <https://www.strava.com/clubs/5kmSOA>

WANT TO PARTICIPATE AND SUPPORT A GOOD CAUSE? HERE IS WHAT YOU CAN DO, IF YOU DON'T USE STRAVA APP:

- Download the pic frame via QR code below
- Send us a photo with the frame to slovenskydenobezity@gmail.com
- Help spread the word about obesity as a chronic condition using hashtags on social media: #5kmSOA #kazdyzavazi. Ideally with a group or individual photo with 5km@SOA supporter frame.
- Follow the Slovak Obesity Day on Facebook and Instagram

Participation doesn't require use of the STRAVA app, any app can be used to track distance. Please send the distance and a photo with the frame to the listed email address.

STRAVA registration is not required. The event is not a competition. There is no event registration fee.

Photos will be shown on **FB page Slovak Obesity Day**. By submitting photos or accepting the challenge in STRAVA, you consent to publication of photos without personal information.

Organizer: Slovak Obesitology Association, Cukrová 3, 811 08, Bratislava

Partner: Novo Nordisk Slovakia s.r.o.

Please direct any questions to the FB page Slovak Obesity Day or slovenskydenobezity@gmail.com.

We look forward to your run!
5km@SOA Team



Prinášame
zmenu | v
obezite

Download the pic frame
via QR code



obesitas.sk