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## Strong Start for "Live Well Perris" 2014

The initial weigh-in for the 2014 version of Perris' "biggest loser" competition takes place Saturday at Mercado Park at 10th and D streets during an organized workout conducted by a professional trainer.

The weigh-in/ workout kicks off the second year of the "Live Well Perris" healthy-eating active-living campaign, which in 2013 attracted thousands of residents and drew rave reviews from elected officials, nutrition experts and fitness gurus throughout Southern California.

Riverside County officials were so impressed with the Live Well Perris program they awarded a \$934,000 grant to the City to continue the program for the next three years.

The second workout and weigh-in take place Jan. 18 at May Ranch Park, 3033 Poppy Court in north Perris. Workouts begin at 9 a.m. and last one hour. Weigh-ins take place from 8:30 a.m. to 10:30 a.m.

Biggest Loser weigh-ins also will take place from Jan. 13-16 during business hours at Bob Glass Gym on the City Hall Campus.

Workouts will alternate every Saturday between Mercado and May Ranch Park until April 26 when Perris hosts a community health fair at City Hall. At that time, the final weigh-in will take place among biggest loser contestants.

Perris IT Manager Arturo Cervantes, who is coordinating the upcoming fitness sessions, said he's excited to get Year 2 of the City's Live Well program under way. The theme for this year's Live Well Perris: A new you in 2014.



Lifting a pole was part of the exercise regimen that took place in workouts in 2013. The 2014 version of Live Well Perris begins Saturday, Jan. 11.

"We had a great first year and we expect big things again in 2014," Cervantes said. "Our workouts will include stretching, cardio, aerobics and body-strengthening routines. It's a great way to burn those excess calories."

City officials are working with businesses, schools and non-profit organizations to ensure a successful Live Well Perris in 2014. Several City employees met with representatives of Compassion Church in Downtown Perris this week to explain in detail the Live Well program and invite them to participate in its various events.

Personal trainers Jerry Green and Laura Sosa will be conducting the workouts. Sosa said she expects a great turnout for the sessions.

"This will be a fun time for everyone and a great time to get in shape," she said. "It's a new year and a time for a new you!"



Limited mobility did not keep Perris resident Darlene Steele from taking part in workout sessions at Mercado Park in 2013. The City is beginning its Live Well Perris health initiative with a Saturday workout and initial weigh-in for biggest loser contestants.

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