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Everyone Stands to Win at Community Health Fair

More than 50 bicycles will be given away during the April 26 Community Health Fair at the Perris City Hall Campus, an event that features four hours of non-stop entertainment, activities and demonstrations aimed at encouraging exercise and improving overall health.

More than 100 exhibits will be set up at the Health Fair, which runs from 10 a.m. to 2 p.m. at City Hall, 101 North D Street. Those include health and wellness educational booths, food vendors, healthy retailers and demonstrations for the whole family.

The City of Perris will have several booths set up that day with giveaways and information. Portions of the health fair will be broadcast by Radio Lazer (FM 101.7, 104.7 and 105.7 and AM 1410). Further information also is available on the City's "Live Well Perris" facebook page and on the Perris municipal website, www.cityofperris.org.

Several medical providers will be on hand to conduct free screenings for diabetes, high-blood pressure and cholesterol. Those include students from the University of California, Riverside Medical School. Dr. Timothy Watson, a Perris pediatrician, will also be working at the Bob Glass Gymnasium helping to screen City residents.

He said he is delighted to assist.

"I support this program 100 percent," Watson said. "And I am very enthusiastic and extremely excited to participate. Obesity is pervasive and it is a major health threat. Programs like Live Well Perris are helping people focus on their health. That's wonderful and I am very excited to be a part of that."

The health fair also features a "last chance workout" and final weigh-in for entrants in the 2014 version of the "Biggest Loser" weight loss competition. Prizes for the top three biggest losers among men and women contestants will be awarded after the final weigh-ins, which take place between 8 a.m. and 1 p.m.

First-place winners take home tickets to Disneyland; runners-up receive a bicycle and third-place contestants each win a \$50 gift card to Big 5 Sporting Goods.



CalFire Capt. Leonard Grill and Perris Assistant City Manager Ron Carr with several bicycles the firefighter refurbished and donated for prizes at the Community Health Fair on April 26.

Other activities include a variety of exercises taught by personal trainers, including Zumba, karate, tai-chi, tae-kwon do, and folklorico dancing and live music. People are encouraged to watch the demonstrations or join in and burn a few calories.

The City's Champions for Change team will give out healthy food samples and Chef Lee Burton will conduct live-cooking demonstrations, make easy-to-prepare snacks and discuss the importance of healthy eating. Burton has spent the last few weeks visiting Perris elementary schools spreading his healthy-nutrition message.

The City will be giving away more than 50 new and refurbished bicycles.

CalFire Capt. Leonard Grill dropped off eight bicycles he repainted, reupholstered and remade with lots of tender-loving care. He said he is pleased to pitch in for the Perris health fair.

"It's a local event that benefits the community," Grill said. "It's great to be able to repair bicycles and put a smile on a kid's face."

Walmart donated two bikes and will provide free assembly on the new bicycles the City is purchasing.

In addition to the bicycles, other prizes include juicers, smoothie makers, gym gear and fitness equipment. The City has lined up several major sponsors for the health fair, including Cardenas markets, First 5 Riverside (an agency aimed at supporting children under the age of 5), Citizens Bank and Tri-Lake Consultants.

This year, Live Well Perris includes workouts at City parks, hikes and bicycle rides with elected officials, a 5K power walk and several sports clinics. Information on all of these upcoming events will be available at the City booth.

Mayor Daryl Busch said providing information to improve the quality of life for Perris residents is a duty the City takes seriously.

"It's part of our civic responsibility," he said. "I am real proud of what the City of Perris has been able to accomplish through our Live Well program. It's a tribute to our staff and our residents because they turn out in great numbers, which shows they are obviously interested."



A youngster makes his way to the top of the rock wall during the inaugural health fair in Perris in 2013. This year's event, which takes place from 10 a.m. to 2 p.m. on April 26 at City Hall, also features a rock climbing wall.

Perris Mayor Pro-Tem Rita Rogers said he is delighted City residents have embraced the concept of better living through exercise and healthy eating.

"It's all about finding your optimal health and lifestyle," Rogers said. "I know our turnout this year will surpass that of our inaugural health fair and I am looking forward to this great event."

Rogers noted that the number of participants in the Biggest Loser program more than tripled—from 187 in 2013 to 602 this year. She sees people walking and bicycling in her neighborhood. It's a sign, she says, that Perris residents are taking the live well message to heart.

Perris City Councilman Al Landers called the upcoming health fair "another great community event" that he predicts will be an unqualified success.

"Our Live Well Perris program has generated an unbelievable response," Landers said. "It's exciting to see the City Council, staff and community come together to make a difference in the lives of our residents."

Landers said that Live Well Perris has garnered support and praise throughout the Inland Empire and Southern California as more and more communities learn about it and attempt to duplicate its success.

Perris City Councilman Julio Rodriguez said he is delighted that the Live Well health fair includes partnerships with the business community.

"Our Live Well health fair not only shows what the City is doing, it shows the strength of our business partnerships,"

Rodriguez said. "It is encouraging to have our business community supportive of our healthy living campaign and that our City Council is 100 percent behind them."

Perris City Councilman Mark Yarbrough said it was "amazing" that staff rounded up so many great gifts to raffle.

"Five bikes would have been good, 10 would have been great but 50—that's off the charts!" he said. "Our Live Well Perris initiative works because it's unique, fun, progressive, it gets results and it benefits everybody."

Other activities that are part of the Community Health Fair include

- A local farmers' market on-site
- Free face painting
- Arts, crafts and physical fitness activities, free coloring books (while supplies last) and a 35-foot obstacle course for kids
- Presidential Active Living Award (PALA) sign-ups, with a free duffel bag for new sign ups (while supplies last)
- A rock climbing wall for entertainment

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