



## Perris Press Release

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### Biggest Loser Competition Begins!

The "Biggest Loser Perris" competition proved a huge success.

People interested in shedding excess weight lined up prior to the official opening of the competition at City Hall on June 15 during a community health fair that drew close to 2,000 people. After the first hour, more than 40 people tipped the scale to learn their initial weight in the three-month contest. At times, as many as 10 people waited in line to step on the scales.

By day's end 183 Perris residents made the commitment to lose weight. The "biggest loser" winners will be announced in September—the final weigh-in is Sept. 14—and will receive tickets to Disneyland, a gym membership and gift cards.

City officials didn't hide their enthusiasm.

"I am delighted to see such a great turnout," said Perris Mayor Daryl Busch during opening comments to the crowd. "The number of people lining up—and I mean lining up—to take part in the Biggest Loser competition is really heartening. We want people to be healthy because healthy people are happy people. I am so pleased at this great turnout."

Husband-and-wife Cesar and Carmen G. were among the first to step on the scale as part of the Biggest Loser competition. Cesar weighed in at 228 pounds on Saturday; his wife was at 150. Both said they would like to drop 30 pounds in the three months before the final weigh-in.

"We have to get healthier because as you get older, health issues pop up and a lot of them are from being overweight," Cesar said. "This program is very needed. There are a lot of people in Perris who could be helped."

Carmen said she plans on walking more to lose weight and will be saying so long to chips and cookies. Lots of information about healthy eating strategies was available to help dieters succeed and the couple said they were eager to enhance their knowledge. One thing was certain, Carmen Garcia said.

"No more junk food," Carmen said. "I want to get healthy. It's going to work!"

Local pre-school teacher Jennifer G. hopes to drop 50 to 60 pounds through a combination of consuming more fresh fruits and vegetables and eliminating chips, soda and other high-calorie, low nutrition foods.

"I want to lead by example and encourage a healthy lifestyle," she said. "It's our job to promote a healthy lifestyle. The extra weight is on our bodies, it affects our self-image and our self-esteem."

Perris City Council members Al Landers, Julio Rodriguez and Rita Rogers took part in the Biggest Loser competition. Rogers has been altering her diet—on sugary drinks, plenty of vegetables—for several weeks and hopes to shed 40 pounds during the Biggest Loser contest.

"Let's do this!" she told the crowd. "Let's exercise, lose weight and get ready for our bikinis this summer!"

Rodriguez encouraged residents to take advantage of free memberships in the City gym to lose weight. He often works out on the elliptical machines and treadmill.

"I want to be an example to young people," he said.

Landers called the biggest competition a "great, great community event."

"This shows what a united community the City of Perris is, and what we can accomplish," Landers said.



Perris City Councilwoman Rita Rogers steps on the scale as part of the kickoff of the biggest loser competition in the City. Rogers said she hopes to lose 40 pounds.



Perris City Councilman Julio Rodriguez weighs-in for the biggest loser competition, Rodriguez said the competition is a great way for City officials to lead by example.