



## Perris Press Release

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### “Step Out to Work Out” Says Mayor Daryl Busch

Put on your walking shoes. The City of Perris' “Step Out to Work Out” physical fitness program opens June 29 with Perris Mayor Daryl Busch leading constituents in a walk around Paragon Park.

As part of the Step Out program, other City Council members will be taking part in a series of activities aimed at meeting Perris residents while working out.

The Mayor's Walk begins at 9 a.m. on June 29 at the park, 264 Spectacular Bid, near Perris Boulevard and Placentia Avenue.

“I am looking forward to getting out and getting good exercise while meeting members of the community,” Busch said. “We get a chance to exercise our bodies and meet each other face to face.”

The walk is part of the City's “Live Well Perris” initiative, which emphasizes healthy and active living through more informed dietary choices and exercise. The Live Well program enjoyed a rousing success earlier this month when almost 2,000 people attended a community health fair at City Hall.

“We hope to expand the initial success of our health fair and hope the rest of our Live Well Perris events as just as successful,” Busch said.

Other events planned for the Step Out to Work Out program Zumba, aerobics, Tabata and Hula Hoops at various parks between July 10 and August 31.

City Council members will be participating in those activities along with Perris residents. On July 27, Perris Mayor Pro-Tem Mark Yarbrough will lead a hike through the Lake Perris State Recreation Area. On Aug. 31, he will take off on a bicycle ride around Lake Perris.

Yarbrough said he does push-ups, sit-ups, pull-ups and squats for about 30-minutes daily to stay in shape. “We all know how important it is to take care of ourselves,” Yarbrough said. “Exercising helps you look better, feel better and changes a lot of things for the better.

This is our chance to lead by example. If you don't put your money where your mouth is, what does that say about you?” City Council woman Rita Rogers she also is looking forward to meeting constituents in sneakers and sweatpants.

“We're a team,” she said. “We're doing this together. We're exercising, we're losing weight and we're getting fit.” Perris City Councilman Julio Rodriguez will be taking part in some of the workout sessions at various parks.

He said taking part in the Live Well Perris program builds trust with City constituents. “We should not only be judged by the decisions we make on the City Council dais but on the commitments we make with the community,” he said.

City Councilman Al Landers said the Step Out to Work Out program offers something for all Perris residents, from moms and dads to children to senior citizens. “This is another great example of Perris showing its commitment to encouraging its residents to take charge of their own lives and improve the quality of life for the whole City,” he said.



Perris Mayor Daryl Busch leads a group of walkers at a recent fundraiser at City Hall. On June, he will lead the inaugural “Mayor” Walk” at Paragon Park as part of the Live Well Perris initiative.