



## Perris Press Release

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### Take a Fresh Look at Water – "Rethink Your Drink" Event

As part of their continuing program to encourage healthy eating and active living, Perris officials have encouraged City residents to forego sugary energy and sports drinks for alternative refreshment.

One of the best is readily available to everyone at practically no cost: tap water.

The City is teaming up with the Riverside County Department of Public Health and Eastern Municipal Water District on Sept. 11 to urge residents to "Rethink Your Drink." The event takes place from 1 p.m. to 5 p.m. at the Food 4 Less grocery store at 1688 North Perris Blvd.

Perris Mayor Daryl Busch said residents should pay close attention to the sugar-based drinks they consume, which can cause obesity, diabetes and other health problems.

"Some people get hooked on these drinks and don't even know it," he said. "I encourage everyone to evaluate what you're drinking and how it could be detrimental to your health and lifestyle."

The "Rethink Your Drink" program marks the latest in the City's "Live Well Perris" initiative, a comprehensive effort aimed at improving health through exercise and sensible eating. Other Live Well Perris events have included a community health fair, a "biggest loser" contest, twice-weekly workouts with City Council members, a walk with Mayor Busch, a basketball camp set for Sept. 21, the annual Tour De Perris bicycle ride on Oct. 5 and the Oct. 19 walk down historic D Street. On Saturday, Sept. 7, Mayor Pro-Tem Mark Yarbrough will lead a short bicycle ride at the Lake Perris State Recreation Area.

Andrea Morey, a health education assistant for the Riverside County Department of Public Health, said Perris officials have taken the lead throughout the region through the City's "Live Well" program.

"The City of Perris has proven the most pro-active in reaching out to its residents and encouraging them to find ways to improve their health," Morey said.

Morey said the Perris Think Your Drink program is part of a state-wide effort to wean people from high-calorie sodas, fruit drinks and energy drinks to water. She said that some people consume energy and sports drinks, forgetting their high-calorie count because of they also include vitamins. There are better ways to take in vitamins, like whole fruits and vegetables. And don't forget the cost, she said.

"Why spend your hard-earned money on punch or soda when you can drink tap water for free?" she said.

Participants at the Perris Rethink Your Drink will receive collapsible water bottles and goodie bags containing nutritional information and healthy recipes. A "smoothie bike" will also be on hand. That's a stationary bike attached to a blender that allows people to pedal off some calories while mixing their own healthy drink.

Other agencies taking part in the City's upcoming Rethink Your Drink program include the Network for a Healthy California, CalFresh/Find Food Bank, Molina Healthcare and the Riverside Community Diabetes Collaborative.