



Perris Press Release

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Biggest Loser Boot Camp and Final Weigh-In

A one-hour "boot camp" will take place Sept. 14 at Mercado Park right before the final weigh-in for contestants in the "Biggest Loser Perris" contest.

A crew of personal trainers from the Tone Zone fitness center will put boot campers through the paces at Mercado Park at 10th and D streets. The boot camp includes exercising with ropes, tires, bands, balls and kettle bells—all with the notion of shedding that extra pound or two before heading to the final "biggest loser" weigh-in. Boot camp begins at 9 a.m.

"It will be a day of exercise and fun," said Will Thomas, owner of the Tone Zone on Perris Boulevard. "The boot camp will be open to people of all fitness levels. It's a great place to have fun and get fit at the same time."

The boot camp marks the end of the biggest loser competition, which kicked off June 15 during a community health fair. More than 180 people entered the contest and dozens have checked in at monthly intervals to weigh themselves at the City gym to chart their progress.

The winning contestants will be those who have shed the greatest percentage of their body weight. They will be honored with certificates at the Sept. 24 City Council meeting.

The biggest loser contest represents a major component of the City's "Live Well Perris" campaign, an initiative to encourage residents to improve their health through exercise and healthy eating. The Live Well Perris campaign includes the weekly farmers market each Saturday at Mercado Park, a series of bicycles rides on Sept. 7, Sept. 14, Sept. 21 and Sept. 28 leading up to the annual Tour De Perris ride on Oct. 5, a basketball clinic at Bob Glass Gym on Sept. 21 and a walk down historical D Street on Oct. 19. Previous Live Well Perris events have includes a walk with the mayor, a hike with the mayor pro-tem and twice weekly workouts with City Council members.

Perris' multi-faceted outreach to encourage better physical fitness exceeds that of most communities, Thomas said. While many cities offer pay-to-play youth and adult sports-leagues, few have the resources and commitment to making available at no cost the scope of exercise opportunities along with healthy-eating advice.

"It's a great way to get kick-start peoples' knowledge about health and fitness," Thomas said. "The effects can last generations."

Perris City Council members Julio Rodriguez and Rita Rogers have been enthusiastic supporters of the bigger loser program and are encouraging residents to take part in the upcoming boot camp.

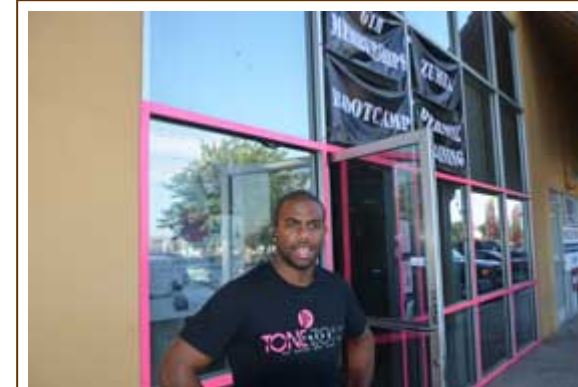
Rodriguez said the biggest loser program as well as the overall Live Well Perris initiative have been the highlights of his first year in elected office. He said he is pleased the City has teamed with the Riverside County Department of Public Health, the Perris Elementary School District and other agencies to present a variety of healthy-eating active-living programs.

"I am really grateful and thankful to all participants," he said. "It's in credibly empowering to see this program embraced by people of all ages. We all need to be more active and eat healthier, not only for ourselves but for our families. I think we've all won, because we've learned a little bit about ourselves and our health."

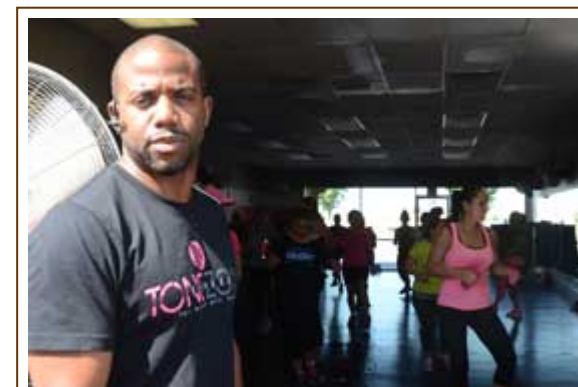
Rogers said she will be at the final weigh-in following the boot camp. She called the biggest loser program and the Live Well Perris initiative program an "overwhelming success." Rogers noted that a community group has earned more than 1 million points in a contest that tracks exercise and healthy-eating regimens.

Rogers said she sees more and more residents walking around her neighborhood. Others are working out at the City gym.

"People are taking it very, very seriously," she said.



Will Thomas, owner of the Tone Zone fitness center in Perris, will bring several instructors to conduct a one-hour boot camp on Sept. 14 prior to the final weigh-in for the City's biggest loser program.



Perris fitness center owner Will Thomas said the Live Well Perris initiative provides a great way for residents to "kick-start their knowledge about health and fitness."