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Get in Shape with Free "Winter Workout" Sessions

The City of Perris is offering four no-cost workout sessions to help residents keep off unwanted pounds as the holiday season approaches.

The quartet of "Winter Workout" sessions begins Oct. 12 at Mercado Park and continues every other Saturday until Nov. 23. Personal trainer Jerry Green will conduct the one-hour sessions which begin at 9 a.m. Mercado Park is located at 10th and D streets.

Perris IT manager Arturo Cervantes is working with Green to make the Winter Workouts a success. The training sessions continue the City's highly successful "Live Well Perris" health initiative—a series of healthy eating active living events since June that attracted thousands of participants.

"The holidays are a time when people get together with relatives and do a lot of eating—sometimes overeating," Cervantes said. "This program will keep them exercising and hopefully get them thinking about eating healthy over the upcoming holidays."

Green, a former Air Force air evacuation medic and a personal trainer for 33 years, praised the City for unveiling the Winter Workouts program in time for the holidays. Many Americans pack on from 3 to 15 extra pounds between Thanksgiving and New Year's, he said. That excess weight can cause high blood pressure, Type 2 diabetes and a myriad of other health problems.

"The City of Perris is ahead of the curve," Green said. "They want their residents to be healthy and live healthy, long and prosperous lives."

The upcoming workouts will include aerobics, cardio, muscle-endurance and fat-burning exercises, Green said. The program is geared for everyone from the fit to those who almost never walk, run or pump iron. Workout equipment will be provided.

Perris Mayor Daryl Busch said that while the 2013 version of Live Well Perris is mostly finished, elected officials were so impressed with the support of residents they wanted to keep the spirit of the health initiative alive during the winter. If the upcoming four-session-program goes as well as City officials expect, more winter workout sessions will be scheduled later this year and early 2014.

"We want people to be healthy and we thought because of the tremendous support for the Live Well Perris program we would continue it," Busch said. "We hope it keeps our residents on track and healthy over the holidays. We did not want to shut down a tremendously successful program."

Residents who complete the four workout sessions will receive t-shirts proclaiming them as "Winter Workout Winners."

[See the flyer...](#)



Professional trainer Jerry Green demonstrates a push-up at Mercado Park in Perris, where he will be leading a series of four "winter workouts" to keep residents in shape as the holidays approach.



Jerry Green says the typical person gains from three to 15 pounds each holiday season.



Front and back design of t-shirts for "Winter Workout Winners."