



## Wonderful Turnout for Winter Workout

The City's "Winter Workout Program" got off to a rollicking start Oct. 12 as more than 50 toddlers, teen-agers, adults and seniors put themselves through a series of calorie-burning sweat-building exercises.

The four workouts and Mercado Park continue the City's successful "Live Well Perris" initiative, carrying the healthy-eating active-living program into the holidays, a time when many people pack on unneeded pounds. The remaining sessions are Oct. 26, Nov. 9 and Nov. 23. Residents who complete three of the four workouts will receive a t-shirt announcing them as "Winter Workout" winners. Vouchers for discounts at the Farmers Market at Mercado Park also will go to participants.

Personal trainer Jerry Green led the gathering through a series of stretches, sit-ups, kicks and lifting drills designed for all levels of fitness.

Green summed up the goal succinctly.

"It's all about living well," he said.

For Perris High School volleyball player Emonie Outlaw, the Winter Workout was moderately challenging. As a student athlete, Emoni already exercises, stretches and keeps fit to play sports. Still she viewed the workout as beneficial.

"It's great to see people get out of the house, exercise and try to lose weight," she said.

Friends Robin Monette and Louisa Walker felt the burn

"I haven't exercised in eight years and I feel it," Walker said. "I've got homework to do. But I will be back for the next session. And I will do better."

Monette used one word to describe her body after an hour of exercise: "Sore."

Jennifer Molina said she heard about the Winter Workouts by reading the Live Well Perris facebook page. She credits the City with encouraging residents to think healthy during a time when lots of high-calorie holiday foods tempt revelers.

"This is a really great idea," Molina said. "A lot of people make excuses about why they gain weight during the holidays. The City of Perris makes it easy for you to be motivated. I just want to improve my health and enhance my life."

Longtime Perris residents Darlene and Les Steele took part in several Live Well events over the course of the summer, including a walk with Mayor Daryl Busch and hula-hoops and tabata classes. Les Steele suffers from diabetes and heart disease.

"We are working out together," Darlene Steele said. "We need to get healthy. Working out as a team motivates us. It gives us lots of energy!"

Les Steele said Perris is a great place to live. The Winter Workouts prove the City is concerned and committed with helping its residents stay fit.

"This place cares about its people," he said.

Sentiments like that brought a smile to City officials who organized and supported the workout program.

Perris IT Manager Arturo Cervantes, who helped organize the quartet of Winter Workouts, said he was pleased with the initial turnout.

"Perris residents are eager to maintain the progress they began during the earlier phases of the Live Well Perris initiative," Cervantes said. "The City wants to get the message out that although people may be tempted to overeat during the holidays, it is crucial to keep a healthy weight. Exercise can help. Staying in shape is a great way to begin the New Year."

Perris City Councilman Julio Rodriguez he was delighted that families and young people took part in the opening Winter Workout.

"Continuing our Live Well Perris initiative is not only a good idea but it is proving a success to Perris residents," Rodriguez said. "We've had a great turnout. It's clear they like this program. They want it."



Perris residents Robin Monette and Louisa Walker go through the paces at the first of four "Winter Workouts" sponsored by the City of Perris.



Perris resident Jennifer Molina learned about the Winter Workouts program by reading the Live Well Perris facebook page. The next workout takes place Oct. 26 at 9 a.m. at Mercado Park, 10th and D streets.



Although slowed by a cane, Perris resident Darlene Steele remains undaunted as she stretches during the initial Winter Workouts session at Mercado Park.



Perris City Councilman Julio Rodriguez and IT Manager Arturo Cervantes display the t-shirt that will be given to participants who complete three out of the four Winter Workouts sessions.