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Winter Workout Program Extended for One Week

The City of Perris has extended its acclaimed "Winter Workouts" program for one more Saturday and participants in the Dec. 14 session are invited to march in the community's annual Holiday Parade to show off their success at healthy eating and active living.

The City created the "Winter Workout" effort to help residents stay fit during Thanksgiving and other holidays up to and including New Year's Day.

Program participants exceeded expectations.

"Perris residents have truly embraced the Winter Workout sessions," said City IT Manager Arturo Cervantes, who organized the training sessions. "The meaning was clear: people want to remain fit during the holidays when lots of great food can lead to overeating and gaining weight. We appreciate the chance to provide workouts to keep Perris fit."

Cervantes said the previous two sessions of the Winter Workouts drew 120 people who jumped, ran, lifted and grunted while completing a series of workout stations, undeterred by a spell of chilly temperatures.

The Dec. 14 session begins at 8 a.m. at Mercado Park, 10th and D Streets. From there participants can take part in the Holiday Parade that begins at 10 a.m. at Fourth and D Streets and proceeds to City Hall at San Jacinto Avenue and D. The City will provide a banner announcing that the marchers have completed the workout sessions.

The Winter Workouts program continues the City's "Live Well Perris" healthy living initiative. The program began earlier this year and included a community health fair, a local version of the "Biggest Loser" competition, a walk with the mayor, hike and bicycle ride with the mayor pro-tem and weekly workouts with City Council members. Several thousand residents attended the various fitness programs. City officials also are inviting any resident who took part in any Live Well Perris program this year to join the parade festivities while wearing their Live Well Perris t-shirts.

The City has announced plans to continue its Live Well program in 2014. Details about next year's programs are in the planning stages.



Perris City Clerk Nancy Salazar stands at the front of a line of "Winter Workouts" warriors lifting a heavy pipe as part of the physical fitness program, which has been extended to include a fifth session Dec. 14 at Mercado Park, 10th and D Streets.