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6th Annual Health Fair to Take Place on April 21



Kids take off at the start of the "Tot Trot" which kicked off the City of Perris annual health fair in 2017.

The City of Perris' upcoming 6th annual Health Fair features physical fitness demonstrations, health-screenings, a rock-climbing wall, musical performances, the opportunity to harvest healthy produce, a challenge to create the best romaine lettuce salad and lots of free prizes including t-shirts, bicycles and other goodies.

The 2018 Health Fair will feature a soccer theme. The game is a growing sport played by many youngsters and adults in the City of Perris.

Event coordinator Crystal Lopez said the City hopes to bring in professional soccer players to show younger players the passing, shooting, dribbling and other skills needed to improve their game.

Lopez said the City's 6th health fair also has enjoyed record sponsorship from agencies, schools and businesses wanting to show their support for the ongoing Live Well Perris healthy-eating active-living campaign.

To date, more than \$13,000 in monetary and in-kind donations has been received.

"We're very excited," Lopez said. "We've reached a milestone with our sixth health fair and sponsorships and interest continues to grow. We're always interested in getting our residents to get out, work out and take part in physical activities that promote health and fitness. Our health fair engages kids and their parents."

The health fair takes place April 21 from 10 a.m. to 2 p.m. at the City Campus, 101 North D Street.

Musical entertainment will be provided by BIG—Brothers Igniting a Groove. The Perris Green City Farm will be open for residents to harvest lettuce, broccoli, celery and other produce at little or no cost. Tips from Master Gardeners will instruct green thumbs about how to germinate seeds. In addition to bicycles other giveaways include a variety of fitness and health-improvement devices.

Witness the fitness

Once again the City is partnering with the Perris Elementary School District on a 5-K "fun run" to start the day's activities.

The run starts at City Hall, snakes its way through several Downtown streets before ending where it began. The fastest runners complete the 3.1 mile course in about 15 minutes.



Medical students conducted health-screenings such as this during the 2017 City of Perris health fair. This year's fair takes place April 21 from 10 a.m. to 2 p.m. at the City Hall Campus.

Mayor Michael Vargas will open the Health Fair with remarks to the audience.

"It's another great form of community engagement, involvement, education and empowerment," Vargas said. "Health care and health awareness is very important to every community. Our health fair is a part of our Live Well Perris program. Anything we can do to help our residents is a very big deal."

Blood-pressure checks and other health screenings will be compiled by students from West Coast University.

Thunder, the Lake Elsinore Storm baseball team mascot, will put in an appearance. Other activities include hip-hop musical performances, a Jolly Jumper, rock wall, demonstrations of taekwondo, Zumba, step-classes, pound, dance fitness and boot-camp type exercises.

Boot-camp instructors Laura Sosa and Tony Brown will lead the cardiovascular conditioning session, which includes high-intensity training, strength, resistance and flexibility for the upper and lower body.

Dance Fitness instructor Humberto Lizarraga leads the choreographed routine, which is designed to make people fit while enjoying different styles of dance in a fun environment.

Pound Instructor Karla Garcia employs "Using Ripstix," lightly-weighted drumsticks engineered specifically for exercising, which transforms drumming into an incredibly effective way of working out.

Romaine salad, Zumba challenges

Mayor Vargas and City Councilwoman Tonya Burke have thrown down their own challenges to spice up the Health Fair.

Romaine lettuce with carrots, croutons and ranch dressing is Vargas's favorite salad and he's challenging cooks to whip up the tastiest recipe, which he will judge. He's mentioned his affinity for romaine lettuce salad at every one of the six community-garden ribbon cuttings he's attended.

"It's a healthy salad and it's important to get people thinking about eating healthy," Vargas said. "I'm looking forward to eating some healthy and great-tasting Romaine salad."



A martial arts student takes a mighty kick during a taekwondo demonstration in 2017 at the City of Perris annual health fair.

Burke will once again lead a Zumba class. She credits Zumba with helping her lose weight and enjoy a better quality of life. Burke said she'll lead those who answer the challenge through a brisk 20-minute routine.

"I'm looking forward to challenging some of my colleagues to complete the lesson," she said. "It's about leading by example—which is easy to say but hard to do."

Educational—and entertaining

Mayor Pro-Tem Malcolm Corona said he considers the Health Fair one of his favorite City events.

"It's got something for everyone—from the young to the young at heart," Corona said. "It always draws people from all walks of life who are interested in learning more about how they can live better. It also allows the City to show that we are interested in the health of all our residents."

City Councilman David Starr Rabb said Perris' commitment to its annual Health Fair and Live Well program set it apart from other communities.

"I always look forward to attending the City's annual health fair," he said. "It's our signature event."

City Councilwoman Rita Rogers said she is pleased and proud the City continues its Health Fair to inspire people to receive health checks, exercise and learn better ways to live longer and more productive lives. Rogers said the City is taking the lead in promoting health through its Perris Green City Farm Program and other community gardens, the "Chef in the Classroom" program and various other community hikes and exercise programs.

"It's a great tradition we've established," Rogers said. "The earlier we can get people to think about abandoning sugary drinks and other unhealthy foods, the better we can improve their chances for healthier lives."

City Clerk Nancy Salazar said the health fair is a great way for residents to monitor their blood pressure and other vital signs, receive tips about ditching sodas, cookies and chips for water, fruits and vegetables and commit themselves to healthier lifestyles through exercise as well as healthy eating.

"I know the people of Perris love the health fair," Salazar said. "It's a great opportunity for residents to learn the tips they need to get and stay healthy. The health fair is always a great time for everybody."

Major Sponsors to the City of Perris 2018 Health Fair include:

Level	Business Name	Cash	In-Kind
PLATINUM	NCHS - North County Health Services	\$ 1,500.00	
PLATINUM	UDW/AFSCME Local 3930 (United Domestic Workers / American Federation of State, County, and Municipal Employees)	\$ 1,500.00	
PLATINUM	CR&R (Ignacio)	\$ 1,000.00	\$500
GOLD	Aleshire & Wynder	\$ 1,000.00	
GOLD	Perris Auto Speedway - Tickets		\$ 1,000.00
SPONSOR	Applied General Agency (AGA)	\$ 500.00	
SPONSOR	Citizen's Business Bank	\$ 500.00	
SPONSOR	Humana	\$ 500.00	
SPONSOR	IEHP	\$ 500.00	
SPONSOR	John's Incredible Pizza	\$ 500.00	
SPONSOR	Mt. San Jacinto Community College	\$ 500.00	
SPONSOR	Rapid Care Urgent Care	\$ 500.00	
SPONSOR	Tri-Lake	\$ 500.00	
SPONSOR	WRCOG	\$ 500.00	

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