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Opening Day Launch Party of Motlagh Fitness Court



Perris Mayor Michael Vargas points out some of the exercise equipment at the Motlagh Fitness Court during a recent visit by elected representatives.

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What: A self-guided free outdoor fitness court for all fitness levels
When: 4 p.m. on Oct. 26
Where: Paragon Park, 264 Spectacular Bid Street

Extras: Prizes and giveaways

The City of Perris' nationally acclaimed Live Well program continues to expand with the opening Oct. 26 of the Motlagh Fitness Court at Paragon Park.

The outdoor fitness center houses an assortment of get-in-shape gear, including pull-up bars, push-up stations and box jumps of various heights, ab stations, back stations and an agility-test course. It provides for a full-body workout for novices and gym rats.

Perris Mayor Michael Vargas and members of the City Council toured the fitness court earlier and hit some of the stations.

They all agreed: Paragon Park is the place to get a light or intense workout and can benefit residents of all ages and fitness levels. Better yet: It's all free!
Longtime Perris City Engineer Habib Motlagh made the fitness court possible through a generous donation that paid for the cost of construction.

"I have been honored to work in the City of Perris for more than 30 years," Motlagh said. "I've seen Perris grow from a small town to a thriving City. I am pleased to be able to help in a small way to improve the health and fitness of our residents. I appreciate the wonderful support of the City Council, administration and staff for working to make Perris a healthy community with healthy parents, grandparents and children."



Perris Mayor Pro-Tem Malcolm Corona takes on a Motlagh Fitness Court workout station.

Great investment, wonderful gift

Mayor Vargas predicted the Fitness Court will attract not only Perris residents but those from neighboring communities.

"This is a great investment for our City because it supports Live Well Perris-- our healthy-eating active-living campaign," Vargas said. "We appreciate the support of Mr. Motlagh for his generous donation which made this great fitness court possible."

Perris Mayor Pro-Tem Malcolm Corona challenged himself at various workout stations during the recent demo.

"We are all very thankful for Mr. Motlagh's generous donation which will benefit the entire community," Corona said.

"It is something great that will improve the health and well-being of our residents. As our City grows, we want to increase the number of quality amenities our residents expect."

The Motlagh Fitness Court marks the latest addition to the Live Well Perris healthy lifestyle program, which has been honored by the National League of Cities, the League of California Cities and other regional agencies. Live Well Perris also includes City-staffed workouts, hikes and bicycle rides, an annual health fair, chef-in-the-classroom program and yoga in the garden classes and a commitment to complete 30 community gardens to ensure all City residents have access to fresh fruits, vegetables, herbs and spices.

City Councilwoman Tonya Burke called the fitness center "another great project for our residents."

"I am so pleased that the City is able to bring this to Perris," Burke said. "I am so much a supporter of healthy living. Through our Live Well program, we show interest in the entire person--from healthy eating to exercising we are looking at the whole body and spirit. It feels good that we are in a position to address that whole person."



Perris City Councilman David Starr Rabb mastered the pull-up station, completing 15 reps during a recent visit for elected representatives and City employees.

Complete workout

City Councilman David Starr Rabb completed 15 pull-ups, more than any of his elected colleagues or City staff. He noted that the fitness court allows people to work at their own pace and tackle as many stations as desired. An downloadable app takes guides them through their workout.

"It's a place for self-sustained fitness," he said. "You can get a full workout here."

City Councilwoman Rita Rogers said Paragon Park's central location in Perris means residents from all over will use the equipment to get toned and fit. She said families with children, single adults and teen-agers and senior citizens all can benefit by working their way from station to station.

"People can work out from five minutes all the way to 30 minutes and more," Rogers said. "When you combine exercise and healthy eating you achieve the goal of living well."

City Clerk Nancy Salazar agrees.

She frequently jogged the perimeter of Paragon Park while pushing her infant daughter in a stroller. She said moms will drop by the fitness center after dropping their children to school and students will stop by for a quick workout on the way home from classes.

"It's going to get used a ton of times throughout the day," Salazar said. "Paragon Park is a great place for the fitness court. I'm pleased to be part of our City team that has accomplished so much for our residents and for Perris."



City employees take part in a push-up contest at the Motlagh Fitness Court at Paragon Park.

National Fitness Campaign

The opening of the Motlagh Fitness Court kicks off the City's partnering with the National Fitness Campaign to fund healthy infrastructure and make world-class fitness free for everyone. National Fitness Campaign, a social enterprise founded in 1979, partners with local communities and nationwide sponsors to promote healthy infrastructure.

The Fitness Court® ecosystem combines digital tools, evolving challenges and best in class equipment to create the world's best outdoor gym experience. With original locations in 4,000 cities worldwide, a flagship installation in San Francisco and 100 new locations across the United States, National Fitness Campaign is committed to making world class fitness free for everyone.

Launching in 100 cities this year, with funding available for another 200 cities and colleges in 2019, soon healthy Fitness Court communities will be introduced to every major metro nationwide.

Mitch Menaged, founder of National Fitness Campaign, said Perris residents should put the fitness center to good use.

"I welcome residents to challenge their friends, get outside, download our fee app and enjoy to programs provided by our campaign," he said.



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