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## City Wins Gold Level Fit-Friendly Worksite Award

The City of Perris extends its Live Well commitment to municipal employees as well as residents.

Some City staff spend their lunch breaks playing basketball at the Bob Glass Gymnasium or working out with weights or cardio machines in the fitness center. The employee walking club uses morning breaks to stretch its legs in short trips around campus.

City workers are invited to take advantage of blood pressure and diabetes screenings during the annual health fair. Some took advantage of the fresh fruit and vegetables offered delivered by truck from local growers. Others turned out at weekend and evening workouts in Perris parks.

The City continues its commitment to locally grown produce by creating a community garden as part of its 2016 Live Well healthy-eating, active-living campaign.

For its efforts, the American Heart Association presented City elected representatives and administrators with its Gold Level Fit-Friendly Worksite Award during the Jan. 26 City Council meeting. Perris Mayor Daryl Busch and City Manager Richard Belmudez accepted the award from heart association representative Krystle Joseph.

Joseph praised the City for its commitment to healthy living for its employees and residents. Only 15 employers in the region—including private corporations as well as public utilities and municipalities—have earned the gold standard, she said.

“Perris is blazing the trail,” Joseph said in comments at the City Council meeting. “If only more cities would embrace what the City of Perris is doing! I wish more cities were as involved with their workforce and their communities. This award is a significant achievement.”

Joseph said exercise and healthy eating can help prevent heart disease, the number one killer in the U.S., which claims the lives of more than 600,000 Americans each year.

Mayor Busch said the City welcomes the opportunity to spread the word about healthy living practices. He said the City is working with local elementary schools to spread the word about the benefits of fruits, vegetables and lean meats over soda, chips and sugar-filled sweets.

The City-community collaboration will continue with the development of the on-campus garden, set for mid-2016. Busch said the City’s outreach has touched the lives of thousands of residents, creating a “great benefit to our City.”

“Sometimes when you receive an award like this, you are surprised that you are leading the curve,” Busch said. “We are ahead of the curve and we intend to stay ahead of the curve.”



Perris City Manager Richard Belmuez (left) and Mayor Daryl Busch receive the Gold Level Fit-Friendly Worksite award Jan. 26 from American Heart Association representative Krystle Joseph.

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