

## Mayor puts sweat equity into fitness campaign

A healthier Chandler is what Mayor Jay Tibshraeny would like to see, and he is hosting a full morning of education and activity to encourage residents to make the same commitment. The Health Connect Expo is 9 a.m. to noon Sat., April 6 at one Tumbleweed Recreation Center (TRC).

The expo offers a holistic approach to wellness with information and activities on everything from physical fitness to mental health and financial tips.

“We can all use a reminder or encouragement when it comes to staying healthy,” says Tibshraeny. “The Health Connect Expo will have something for everyone, whether it’s new ideas for sticking to a fitness routine or learning a few tricks to cook a healthier meal.”

Residents looking for extra inspiration are invited to join Tibshraeny as he leads a 10 a.m. cycling class in the courtyard of TRC. Tim Bricker, president and CEO of Dignity Health’s Chandler Regional and Mercy Gilbert medical centers, a co-sponsor of the event, will join the Mayor.

“I’m looking forward to spinning alongside Mayor Tibshraeny,” he says. “Chandler Regional Medical Center is equally committed to promoting



**LEADING BY EXAMPLE:** Mayor Jay Tibshraeny encourages residents to stay healthy by using City amenities such as the Paseo Trail, where he bikes. Submitted photo

health initiatives and wellness activities in the community.”

“I have to say this will be my first cycling class,” says Tibshraeny. “But I understand it’s very popular, and that’s what this day is for, encouraging people to explore everything Chandler has to offer when it comes to staying healthy.”

The expo offers physical fitness ideas for residents at every level of wellness. TRC will showcase all the classes it has to offer from the Silver Sneakers program for senior citizens to its teen activities and family nights.

A limited number of vendor booths are still available at the Health Connect Expo. Contact Dave Bigos at david.bigos@chandleraz.gov.

### Healthy promise

Residents will be asked to make a commitment to wellness by choosing one activity and signing a pledge to work towards it.

“The pledge will be a very personal choice, whether it’s going for a walk after dinner, joining a new exercise class or just drinking more water,” says Erika Berry, City of Chandler recreation coordinator. “By writing it down, we hope people are more committed to taking action.”

A limited number of free healthy pledge T-shirts will be available for people who sign and want to publicize their pledge to wellness.

Preventative services are offered as well, with health screenings and children’s safety information, and Chandler Regional Medical Center will bring physicians to speak on topics such as recognizing and handling depression.

Tibshraeny launched his Health Connect initiative last fall with a three-pronged approach to wellness in Chandler including physical, mental and financial health. Financial health comes in the form of a prescription drug card that can save residents who may not have health insurance as much as 59% off regular prescription rates.

A solid fitness routine is key to physical health, and the Mayor promotes all the fitness activities and amenities in Chandler. Each month on the website [chandleraz.gov/connect](http://chandleraz.gov/connect), Tibshraeny blogs about a “facility of the month” in Chandler. He also emphasizes good mental health through a number of suggestions to deal with stress via his twitter account, @jaytibshraeny. For more, visit [chandleraz.gov/connect](http://chandleraz.gov/connect).

*Information provided by the City of Chandler Communications and Public Affairs Department.*