



NEW YORK STATE SENATOR

Gustavo Rivera

## Senator Rivera Hosted Bronx CAN Health Initiative Check-In Focused on Nutrition

GUSTAVO RIVERA July 18, 2011

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Senator Gustavo Rivera (D, WF-Bronx) today, Saturday, July 16th, 2011, hosted the first Bronx CAN Health Initiative Check-In focused on nutrition and healthy eating habits at the Kingsbridge Heights Community Center. At the kick-off of the Bronx CAN Health Initiative in June, Senator Rivera committed to losing 20 pounds by October 24th, the last day of the

Bronx CAN Health Initiative. Today, he weighed in at 293 lbs. down six pounds from 299 lbs in June.

“There are several factors as to why the Bronx is the unhealthiest county, including less healthy options than other boroughs, but we can take ownership of our personal health habits and behaviors,” said Senator Gustavo Rivera. “I live in the same community and walk by the same fried chicken spots and pizza parlors, but I have made a commitment to lead a healthier life and to help educate my neighbors about the importance of developing healthy habits that will last a lifetime.”

“Holding these events and urging Bronxites to participate in this program is an excellent idea because it is not only helping people to lose weight, but helping people in our community learn healthy habits that will be with them for the rest of their lives,” said Waheebah Shamsid-Deen, a Bronx CAN Health Challenge participant. “I have already lost three pounds as part of the challenge but plan to lose more in a healthy way, participating in the Bronx CAN Health Challenge.”

“I want to thank Senator Gustavo Rivera for asking me to participate in the Bronx CAN Health Challenge,” said Kenny Agosto, District Leader in District 80 and Bronx CAN Health Challenge participant. “I know I didn’t gain all this weight overnight and that I won’t lose it all overnight, but with Senator Rivera’s help I am getting on track to having a healthy lifestyle and have already lost ten pounds.

The event included a healthy cooking demonstration from the Nutrition and Health Program Cornell University Cooperative as well as the opportunity for Bronx CAN Health participants to sit down with nutritionists to discuss how to make healthier choices in their daily lives. Participants also received free healthy recipes cookbooks and Green Bucks

coupons for NYC Green Carts.