



CITY OF COMPTON

City of Compton
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FOR IMMEDIATE RELEASE

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[Hi-res photos available here](#)

PRESS RELEASE

Mayor's Healthy Compton Community Fitness Challenge Wraps Up with Obstacle Course

COMPTON – On Saturday dozens of Compton residents joined **Mayor Aja Brown** at Gonzales Park Compton for the final event in her Healthy Compton 90-Day Community Fitness Challenge. Healthy Compton is a citywide fitness initiative created by Mayor Brown aimed to increase physical activity and promote a healthy lifestyle for anyone who lives, plays, or works in Compton. The final event featured a family friendly obstacle course and final weigh in. Throughout the 90-day challenge participants enjoyed free community workouts that included yoga, Zumba, basketball, football, soccer, baseball, aerobics, kickboxing and more. The winners will be announced in July and presented their awards during a meeting of the City Council.

It's not just about weight," **Mayor Brown told Saturday's group.** "It's about getting healthy and coming together as a community. I really thank everyone for sticking in there to the end. We're going to do this again and again. It's a great way to come out with your families and to do some things that are positive in our city."

The Healthy Compton initiative is a community-based comprehensive approach to educating, empowering, and equipping Compton residents to lead healthier lives through the experience of healthy outcomes. Mayor Brown, along with a host of health and wellness partners throughout the City of Compton and surrounding communities are focused on enabling residents to build healthy habits. The Initiative is a result of Mayor's Brown's leadership and a

grassroots community effort with local residents, business owners and stakeholders working together over the past two years.

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