

**City of Riverdale and Councilmember Kenny Ruffin join with
Get Body Beautiful KIDS to combat Childhood Obesity**

RIVERDALE, GEORGIA—Clayton County students will have a chance to participate in the 1st Annual Let's Move WALK-OFF, an interactive and fun community event to support First Lady Obama's campaign against childhood obesity and encourage kids and their families to take steps toward a healthier lifestyle. The WALK-OFF spearheaded by City of Riverdale Council Member Kenny Ruffin and Get Body Beautiful KIDS will be hosted by nationally recognized fitness expert, author and Atlanta TV/Radio personality Andrea Riggs. The community event will include other City of Riverdale officials and local civic organizations, Clayton County students, local fire and police officials and special celebrity and sports guests.

"Georgia has the 2nd largest number of children affected by childhood obesity in the nation and it will take targeted programs with community leadership to ensure healthier lifestyles," said Andrea Riggs, Get Body Beautiful KIDS founder, national fitness expert and author. The WALK-OFF kicks off Saturday, September 24th, 2011 at 10AM at the Riverdale Town Center. The free event will begin with a scenic campus walk, followed by FREE healthy snacks, interactive fitness activities and family wellness screenings and workshops.

"We're proud to be involved with Andrea Riggs and Get Body Beautiful KIDS to promote kids health and fitness in an effective, fun and dynamic way," said Council Member Kenny Ruffin. "As a Let's Move partner we are excited to present the vision of First Lady Obama and ensure the next generation is healthier."

"The event will bring awareness to childhood obesity and benefit parents, children and area schools, says Riggs. "It has been shown that more active children perform better in school and we are eager to address obesity and prevent a growing number of childhood illnesses."

The WALK-OFF is accepting support from interested corporate and community stakeholders to increase event day give-a-ways and post-event activities at numerous elementary schools and the Town Center.

About Council Member Ruffin

Kenny Ruffin was elected to the Riverdale City Council in the fall of 2003 on a platform of enhancing youth services and economic development within the city. Within his first year in office he held that promise with the formation of the Riverdale Youth Basketball League and DUBB Blacktop Classic. He is a 2006 graduate of the Clayton County Leadership Program which is an enrichment program offered through the Clayton County Chamber of Commerce. Ruffin also completed the Georgia Academy for Economic Development in 2007. His dedication and hard work continued by establishing and guiding the Riverdale Youth Council in 2008. In 2009 Ruffin was publicly honored by having a Lighthouse After School Care Center named in his honor.

2010 marked the 5th annual Riverdale Night at the Atlanta Hawks which Ruffin has spearheaded since its inception. Ruffin has sponsored four \$1,000 Dr. Ben Carson college scholarships and brought the NLC Drug Prescription Discount Card program to Riverdale. The prescription program has saved residents over \$3,500 to date. His appointments are as follows: Clayton County Foster Care Review Panel, Executive Committee of the University of Georgia's Archway Partnership and the Council of the National League of Cities Youth, Education and Families Institute. As a new initiative, Ruffin has brought various agencies together and started a series of seminars on Human Trafficking. The goal is to bring awareness and resources to our community on this distressing issue.

About Get Body Beautiful/Get Body Beautiful KIDS

Get Body Beautiful is a wellness program founded by sought-after celebrity personal trainer, author and Radio Host, Andrea Riggs. As community outreach for Body Beautiful, the company Riggs founded in 1998 to provide lifestyle, nutrition and fitness for corporations and individuals. For more than 15 years, Riggs has worked in health and wellness, trained celebrities, professional athletes and has been recognized by the Who's Who of Atlanta Business & Civic organizations. She also spent three seasons on WXIA-11Alive's as a professional trainer and consultant on *Atlanta's Biggest Loser*. Riggs currently hosts her signature radio show, *Get Body Beautiful* with Andrea Riggs each Saturday morning at 7:30AM on Majic 107.5/97.5 in Atlanta, GA.

Contact:

The Office of the City Clerk for more information or to take advantage of sponsorship opportunities at 770-997-



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Andrea Riggs
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