

**NEWS
RELEASE**

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CITY OF PADUCAH, KY



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**New Episode of *Break a Sweat*
Chair Circuit**

PADUCAH, KY— “Introduce exercise into your lifestyle. Your body is designed to move, so let’s get moving,” says City Commissioner and personal trainer Richard Abraham. Abraham hosts *Break a Sweat*, a program that focuses on good health and achieving results. In this episode, Abraham shows viewers a series of exercises that can be completed while sitting in a chair.

The chair circuit involves seven exercises that can be completed while sitting. Light weights are recommended. Abraham uses two-pound weights in the episode. The circuit involves three leg exercises and four arm movements. Abraham explains the three components of a rep and the benefits of controlled and proper movement. According to Abraham, “In order to promote strength, you want to keep constant tension on the target area.”

Break a Sweat mirrors the goals of the wellness program offered to City of Paducah employees and their families. Paducah Human Resources Director Cindy Medford says, “The City began a wellness program in 2001. In its earlier years, the program focused on seminars and activities. Now, the wellness program has matured to become more results-driven. To achieve the highest wellness credit, you have to be making good food choices and treating your body well.”

In addition to the exercises, Abraham also explains why he uses the term *fuel* instead of food. “When you use the word fuel you are in a fuel-system mindset. You talk about what type of fuel will enable my body to operate at a high level. Make sure you are eating the type of fuel to energize your system.”

Break a Sweat can be seen on Government 11, the governmental access channel of the City of Paducah beginning June 30. View daily program information by watching the informational slides airing on the Channel 11 bulletin board. The episode also is online at www.paducahky.gov and the various social media outlets for the City of Paducah including Youtube and Facebook. Check the website for program information, videos, news releases, and broadcast schedules.

Break a Sweat is produced through the television production facilities at West Kentucky Community & Technical College. For more information about *Break a Sweat* or other Government 11 programming, call Tom Butler, WKCTC Television Production Coordinator, at 534-3208 or Pam Spencer at 444-8669.

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