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## Farr challenges Central Coast to join him in getting healthy

**WASHINGTON, DC** – Rep. Sam Farr, D-Carmel, will start a 30-day challenge to eat healthier and exercise more and is encouraging Central Coast residents to join him. Mary Toscano, a certified nutrition educator and author of the book “Sweet Fire: Sugar, Diabetes & Your Health,” came up with the Sam Farr Challenge after meeting with the Congressman in his Washington office on behalf of the American Diabetes Association. The challenge starts on Monday, July 14<sup>th</sup>.

“I have been involved in the national debate about the health of our country but to be honest a hectic Congressional schedule makes it difficult to eat right and exercise daily,” said Farr. “However, when it comes to health, it’s not enough to talk the talk. It’s time to walk the walk...literally.”

The Sam Farr Challenge is based on 3 simple rules and has two levels. The basic level calls for participants to avoid alcohol after 7:30 pm, consume no more than one serving of bread or pasta per day (whole grains preferred) and walk 7,000 steps or exercise for 30 minutes every day. The extreme challenge increases the number of steps to 10,000 or 1 hour of exercise and participants should avoid any foods made with flour or contain more than 20 grams of sugar.

“I invited Congressman Farr to a special, 30-day challenge and he said yes!” said Toscano. “We both saw the opportunity to open this challenge to the public to improve the health of many. We look forward to everyone’s participation as the date draws near. Join us!”

Anyone interested in joining the challenge should visit [www.samfarrchallenge.com](http://www.samfarrchallenge.com) to sign up for free. Participants will receive email updates, encouragement videos and other resources to help with their own personal challenge. Farr will provide updates on his social media about his journey.

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