

**NEWS  
RELEASE**

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**CITY OF PADUCAH, KY**



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**New Episode of *Break a Sweat*--Focus on Strengthening Your Arms**

**PADUCAH, KY**—In City Commissioner and personal trainer Richard Abraham’s second episode of *Break a Sweat*, he stays seated for a workout that focuses on strengthening the arms and shoulders. *Break a Sweat* can be viewed on Government Channel 11 starting Monday, May 2 at 8:00 a.m. It also airs Wednesday, May 4 at 4:00 p.m.; Friday, May 6 at 9:30 a.m.; and Saturday, May 7 at 5:00 p.m. The episode is available for download on [www.paducahky.gov](http://www.paducahky.gov).

During the workout Abraham uses ten pound dumbbells and walks viewers through proper form for arm and shoulder exercises including the overhead press, lateral raise, and front raise. He emphasizes the philosophy of “thinking in the muscle”. Abraham says, “When you concentrate on that body part while you work out, it will respond better and faster.” Abraham also focuses on internal motivation. According to Abraham, “You’re an attitude away from where you want to be.”

*Break a Sweat* focuses on good health and achieving results which mirrors the City of Paducah’s wellness program. Abraham says, “Anything worth having is worth working for, and wellness is what we are working for.” The City of Paducah began a wellness program in 2001. Each year, participating employees take a health risk assessment survey and schedule a physical exam including laboratory blood work. Completion of those items provides the employee with funds to be used toward their health insurance premiums. Based on the results for factors such as cholesterol and blood pressure or if the employee is achieving improvement in those factors, the employee could receive additional funding toward his or her health insurance.

Government 11 program information, videos, news releases, and schedules are available at [www.paducahky.gov](http://www.paducahky.gov). Daily program information is available by watching the informational slides that air on the Channel 11 bulletin board. For more information about *Break a Sweat* and other programming, call Tom Butler, WKCTC Television Production Coordinator, at 534-3208 or Pam Spencer, City of Paducah Public Information Officer, at 444-8669.

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