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FOR IMMEDIATE RELEASE

Pastor, Mayor Partner in Campaign to Lose “Fattest City” Ranking:

Corpus Christi minister kicks off campaign by preaching on elliptical

CORPUS CHRISTI, Texas, Aug. 31, 2010 – Corpus Christi, which was ranked the fattest city in America by [Men’s Health magazine](#), is being challenged to do something about it.

[Bay Area Fellowship](#) pastor Bil Cornelius, author of “I Dare You to Change! Discover the Difference Between Dreaming a Better Life and Living It,” and Mayor Joe Adame will enact a change challenge to the citizens of Corpus Christi, specifically highlighting the goal to lose weight, during [“I Dare You to Change!”](#) night at the Corpus Christi Hooks minor-league baseball game Friday, Sept. 3.

In the May issue of Men’s Health, Corpus Christi was ranked the most overweight city in America based on a number of factors, including the number of people who are overweight, the percentage with type 2 diabetes and the consumption of fast food. The mayor has made an emphasis on fitness one of the hallmarks of his administration. Local workout facilities, including Gold’s Gym, are being asked to donate a free week of workouts to people who take up the challenge.

Following Friday evening’s event, Cornelius will continue the challenge to his 8,000-member church, preaching from an elliptical during each of his six weekend services.

“Losing weight is just one of the ways we’re daring people to change,” Cornelius says. “In my experience dealing with people from all walks of life, most people want to change but don’t know how to go about it. One of the keys is accepting personal responsibility for the change in your life.”

“I Dare You to Change!” is a practical, how-to-guide for the average person to make their dreams a reality. It will be published Sept. 1 by Guideposts.

As part of the book’s kickoff campaign, Cornelius has already issued the challenge to change and encouraged individuals to make an online pledge via the website, <http://www.IDareYouToChange.com>. As of this week, more than 350 had made this commitment.

In addition, several kickoff events for the book will take place this week, beginning at Cornelius' church, Bay Area Fellowship, with a scheduled First Wednesday Blowout on Sept. 1, which will include a service and a book signing. The next day, Cornelius will sign books at the Barnes and Noble at 5129 Blanche D. Moore Drive beginning at 7 p.m.

As a partner in the campaign for change and in honor of "I Dare You to Change!" night, the Hooks, a Class AA affiliate of the Houston Astros, invited Cornelius to throw out the first pitch for Friday's game against the Frisco Roughriders, a Texas League rival, at 7:05 p.m. at Whataburger Field. Cornelius and Adame will address the crowd and do live interviews on the KKTX 1360 radio broadcast of the game.

The Bay Area Fellowship band, Shake the Nation, will perform before the game, and Cornelius will be available to sign books at the top of the stairs at the entrance to the concourse.

"The principles within this book have been proven effective both in my life and in those with whom I've shared them," Cornelius said. "I am excited to see how this campaign of change will affect the Corpus Christi community, and challenge everyone to quit talking about change and take action to make it happen today."

A sample chapter of "I Dare You to Change!", testimonies of those who have taken the challenge and a place for individuals to submit their own change story are available at <http://www.IDareYouToChange.com>.

Note to Editors: Please visit <http://www.alrcnewskitchen.com/bilcornelius/> for more information about "I Dare You to Change! Discover the Difference Between Dreaming a Better Life and Living It." To arrange an interview with Bil Cornelius, please contact Julie Shutley or Steve Yount at 972.267.1111, jshutley@alarryross.com or steve@alarryross.com.