

**FOR IMMEDIATE RELEASE**  
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**LOCATION** South Portman Plaza  
90 W. Broad Street  
Columbus, Ohio

**SUBWAY® Spokesperson to Speak to  
Elementary Students About Healthy Eating**  
*Jared Fogle teams with Columbus Public Health for Healthy Columbus  
Event*

Jared Fogle, the SUBWAY® restaurants' spokesperson who lost 245 pounds by eating SUBWAY® sandwiches and exercising, will speak with Clinton elementary students at 11 a.m., Friday, Sept. 12 at South Portman Plaza along Broad Street in Columbus.

The City of Columbus and Columbus Public Health will host the Healthy Columbus event, which includes brief comments from John Tolbert M.A., Public Health Administrator of Community Health and former Professional Basketball Player Valerie Still, and remarks from Fogle. Afterward, Jared will lead a short walk by students led by Fogle, Still, and Tolbert along the Lower Scioto Trail.

"The City's brand new initiative, the Institute of Active Living, aligns well with Jared's message and good works," said Health Commissioner Dr. Teresa Long. "Mayor Michael B. Coleman created the active living initiative to fight childhood obesity and diabetes to provide better access to physical activity and fresh food."

Students from Clinton Elementary School, who actively participates in a wellness project, will participate. Throughout the year students learn about healthy eating and getting active and maintain personal wellness journals.

Fogle's message will outline his weight struggles as an adolescent and offer simple tips and suggestions to maintain a healthy lifestyle.

"Every decision, whether it is opting for an apple instead of chips or playing a game of basketball instead of video games can have a huge impact on your life," Fogle said. "The key to a healthy lifestyle is eating smart and exercising."

Ten years ago, Fogle gained fame for his weight loss success and began traveling the country sharing his story and inspiring people. Today, he is one of the most recognizable advertising icons having appeared in more than 50 commercials for SUBWAY® restaurants.

This year, as he commemorates a decade of keeping off the weight, he is visiting schools motivating children to eat right and be active to avoid the physical and emotional hardships he went through while living with childhood obesity.

“I was an overweight kid who turned into an even heavier teenager who turned into an obese young adult and this negatively affected every aspect of my life,” he said. “Now I am in a position where I can have some influence with kids, and hopefully, can help them learn to make better choices.”

Fogle is also currently appearing in a year-long celebratory advertising campaign airing in markets across the country. More than half a dozen celebrity athletes, including Michael Strahan, Reggie Bush, Tony Parker and Laila Ali, are congratulating him in the TV commercials.

Fogle became the SUBWAY® restaurants’ spokesperson after he lost some of his 425 pounds on what he calls his “Subway Diet”. By eating a six-inch turkey sub, without oil, mayonnaise or cheese, for lunch and a 12-inch veggie sub for dinner, he trimmed his waist nearly in half – from 60 to 34 inches. Combined with an exercise regimen of walking, Fogle dropped his weight to 190, which he still maintains.

Since he appeared in his first national television commercial for SUBWAY® in 2000, Fogle has traveled the world inspiring people to eat healthier. His weight loss story has been featured on Oprah, Good Morning America and Larry King Live, among many other programs. He has also been spoofed on Saturday Night Live by Jimmy Fallon, carried the Olympic torch on its way to Salt Lake City and served as Grand Marshal of the SUBWAY® 500 NASCAR race in Martinsville, Va.

### **About SUBWAY® restaurants**

The SUBWAY® restaurant chain is the world’s largest submarine sandwich franchise, with more than 27,000 locations in 85 countries. In 2002, the SUBWAY® chain surpassed McDonald’s in the number of restaurants open in the United States and Canada. Headquartered in Milford, Conn., the SUBWAY® chain was named the number one franchise opportunity by Entrepreneur Magazine in its Annual Franchise 500 Ranking for 2007 – for the 14<sup>th</sup> time in 18 years.

For more information about the SUBWAY® restaurant chain, visit [www.subway.com](http://www.subway.com).

