



GUILFORD  
*heart ball*



## MEDIA ALERT

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## Bank of Oak Ridge Announces Finalists for Healthy Heart Challenge

*Public voting now open to select three winners.*

**Wednesday, August 27, 2014** –In partnership with the American Heart Association's Guilford Heart Ball, [Bank of Oak Ridge](http://www.bankofoakridge.com) has announced six local finalists in the *2<sup>nd</sup> Annual Healthy Heart Challenge*. The *Healthy Heart Challenge* recognizes men and women in Guilford County who have made lifestyle changes to prevent heart disease and stroke.

The public is now encouraged to vote to determine the three winners through September 5 at <http://www.bankofoakridge.com/vote/>.

### The finalists are:

- **Rhonda Cathey:** Rhonda started her journey in 2012 when she began taking Zumba classes and immediately fell in love with them. Although she did not currently have any major health problems, she learned during a wellness visit that she was overweight and needed to lose pounds, as well as body fat. Rhonda began meeting with a Registered Dietitian and making lifestyle changes for her and her family with nutrition. In 2013, Rhonda became a certified Zumba instructor and currently teaches classes regularly. Exercise and eating healthy are now a part of her life and she has not only improved her risk factors for heart disease through her own personal dedication, but continues to inspire others including her own family members, Zumba class participants, and co-workers to do the same. Her energy and enthusiasm with healthy living are contagious!
- **Loury Floyd:** Loury has lost 30 pounds due to an alarming doctor visit where she was heading to be on several different medications. Through diet and exercise, she was able to keep the medication at bay and get healthy. Loury now competes and runs in different races from 5K to half-marathons. She also is part of a Go Red running club that inspires and coaches other women to get heart healthy too.
- **Jeff Keezer:** Several years ago Jeff was smoking four packs of cigarettes per day and weighed 315 lbs. Today he no longer smokes, runs at least four days a week, has dramatically changed his diet, and has gotten as low as 265 lbs. Jeff participates in most of the running races in our area and is one of the nicest people you will ever meet. He has become an ambassador for exercise and heart health.
- **Anne Howell:** Anne has battled with heart disease her entire life. Her first introduction to it was when her mother died of a heart attack at the age of 47. Anne had a pacemaker put in way before her time and

then was placed on the list for transplant. In 2009, she had a heart transplant. As much as she could not do things with her old heart, like even brushing her hair, with her new heart, she competes in triathlons and swims every day. She is a true survivor and continues to live a strong, healthy life.

- **Bebe Ramzah:** Bebe has not only been inspired to change, but has inspired so many others to get the mission in action and move. She has been the running coach for the Go Red team the last two years and trains women to empower themselves through exercise. She not only has gotten in shape herself, but has been able to reduce the number of doctor's visits and medication through running. Her father suffered from a stroke and all of her family members have had history with high blood pressure.
- **Carl Phillips:** Carl had always lived a "healthy" life and was active and overall ate well. But after visiting the doctor for a routine check-up, he was set up for an appointment that evening for a double bypass. Since then, Carl has increased his exercise and continues to push forward with eating better and making sure those elements of his day are in check.

The three finalists with the most public votes will be selected as the winners and will be announced at the **Healthy Heart Challenge** celebration in October at Bank of Oak Ridge's Corporate Center. These Healthy Heart Challenge winners will win great prize packages from one of our three gracious sponsors: VF Jeanswear, Off 'N Running and Aqua Salon & Spa, and will be the "Faces of Heart Health" in Guilford County for 2014-2015.

Heart disease is the No. 1 killer of both men and women in the United States, accounting for nearly one third of all deaths in the nation. Stroke is the 4<sup>th</sup> leading cause of death and a leading cause of permanent disability. The American Heart Association's Life's Simple 7<sup>TM</sup> program focuses on the seven risk factors for cardiovascular disease and recommends a personalized plan to reduce each individual's risk. For lifestyle change recommendations, heart disease and stroke prevention information, and your personalized plan to reduce your risk of heart disease and stroke, visit [www.mylifecheck.org](http://www.mylifecheck.org).

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### **About Bank of Oak Ridge**

[Bank of Oak Ridge \(http://www.BankOfOakRidge.com\)](http://www.BankOfOakRidge.com) is a community bank with locations in Greensboro, Summerfield and Oak Ridge, North Carolina. The bank was established in 2000 with the goal of delivering *Banking As It Should Be*<sup>®</sup>. With a focus on providing personal attention and convenience for every client, we offer a complete range of banking services for individuals and businesses including Saturday and extended weekday hours at all locations, ATM usage world-wide, remote deposits for businesses, and a full line of checking accounts; savings accounts; mortgage services; insurance services; lending options; and wealth management services. Bank of Oak Ridge is a Member FDIC and Equal Housing Lender. For more information, call 336-644-9944, visit the office [location](#) closest to you or use our [online contact form](#).

### **About the American Heart Association**

The American Heart Association is devoted to saving people from heart disease and stroke – America's No. 1 and No. 4 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit [www.heart.org](http://www.heart.org).