



GUILFORD
heart ball



MEDIA ALERT

CONTACTS:

For American Heart Assn.

Sarah Fedele

Cell: 336.662.3304

sarah.fedele@heart.org

Off'n Running to Reward Healthy Heart Challenge Winner for Heart-healthy Lifestyle Accomplishments

*Two weeks remaining! Healthy Heart Challenge nominations are accepted
online and at Bank of Oak Ridge locations through May 31, 2013.*

Thursday, May 16, 2013 – Off'n Running has announced that it will be celebrating one of the Healthy Heart Challenge winners in Guilford County. In partnership with the American Heart Association's Guilford Heart Ball, [Bank of Oak Ridge](#) is proud to sponsor the first-ever *Healthy Heart Challenge*. Off'n Running has now joined VF Jeanswear in honoring these local winners.

"I'm proud to be a part of the American Heart Association's Healthy Heart Challenge as we constantly strive to promote an active lifestyle at Off'n Running. Nothing makes us happier than people who get excited improving their health through an active lifestyle," shares John Dewey, owner of Off'n Running. "We have worked with individuals who have completely transformed their lives and competed in marathons and ironman triathlons and these are some of the most inspiring individuals I have ever met." Off'n Running has locations in Greensboro and High Point.

Bank of Oak Ridge will be accepting nominations for men and women who have made lifestyle changes to prevent heart disease and stroke through May 31, 2013.

The three nomination categories include:

- 1) **The Challenger:** This is for a Guilford County resident who was inspired by the Healthy Heart Challenge and has started to make changes in his/her life.
- 2) **Change and Maintain:** This is for a Guilford County resident that has made that lifestyle change and has maintained his/her change.
- 3) **Life's Simple Seven:** This is for a Guilford County resident that took one or more of our Life's Simple Seven risk factors and made a major change in their lives.

-more-

Page 2 – Off N Running to honor local Healthy Heart Challenge winner

Three winners will be announced at the *Healthy Heart Challenge* celebration on Thursday, June 27 at Bank of Oak Ridge's Corporate Center. Winners will receive great prizes and become the "Faces of Heart Health" in Guilford County for 2013.

To nominate yourself or someone in your life who should be recognized and rewarded for heart-healthy efforts, visit www.BankofOakRidge.com/HealthyHeartChallenge or a Bank of Oak Ridge location for details on how to enter the *Healthy Heart Challenge*.

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 4th leading cause of death and a leading cause of permanent disability. The American Heart Association's Life's Simple 7TM 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.

###

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*[®]. 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.