



GUILFORD

*heart ball*



*Banking As It Should Be®*

## MEDIA ALERT

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## Three Guilford County Residents Announced As Bank of Oak Ridge Healthy Heart Challenge Winners

*Photos Attached*

**Thursday, October 9, 2014** - In partnership with the American Heart Association's Guilford Heart Ball, Bank of Oak Ridge has announced Guilford County residents, Bebe Ramzah, Loury Floyd and Jeff Keezer, as the three winners of the **2014 Healthy Heart Challenge**. They will be recognized as the "2014-2015 Faces of Heart Health" in Guilford County throughout the year and have received prizes generously donated by VF Jeanswear and Off'n Running.

"We are proud to recognize these three individuals who have made major changes in their lifestyles to prevent heart disease. Their stories are truly inspirational," shares Ron Black, President and CEO of Bank of Oak Ridge. "The partnership with the Guilford Heart Ball has allowed us to take our practice of '*Banking As It Should Be*' and extend it to '*Life As It Should Be*,' encouraging everyone in our community to put their health first and make changes today for healthier, happier and longer lives."

**Loury Floyd** 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 5Ks to half-marathons. She also is part of a Go Red running club that inspires and coaches other women to get heart healthy too.

Several years ago, **Jeff Keezer** 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.

**Bebe Ramzah** 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 a history with high blood pressure.

The Healthy Heart Challenge was designed to recognize local men and women in Guilford County who have made lifestyle changes to prevent heart disease and stroke. Heart disease is the No.1 killer of both men and women in the U.S. and stroke is the fourth leading cause of death and a leading cause of permanent disability. However, 80% of heart disease and stroke incidents are preventable through heart-healthy lifestyle changes.

For more information on heart disease and stroke prevention, visit [www.heart.org](http://www.heart.org). To become involved with the American Heart Association's Guilford Heart Ball, visit <http://guilfordncheartball.ahaevents.org> or email [ruth.heyd@heart.org](mailto:ruth.heyd@heart.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).