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**Healthy Heart
Challenge**



CONTACTS:

For American Heart Assn.

Sarah Fedele

Cell: 336.662.3304

sarah.fedele@heart.org

Three Triad Residents Announced As Bank of Oak Ridge Healthy Heart Challenge Winners

Inspirational Local Lifestyle Change Stories - Photos Attached

Thursday, September 10, 2015 - In partnership with the American Heart Association's Guilford Heart Ball, Bank of Oak Ridge has announced Triad residents, Bill Haps, Diana Lewis, and Lee Schloss, as the three winners of the **2015 Healthy Heart Challenge**. They will be recognized as the "2015-2016 Faces of Heart Health" in Greater Guilford County throughout the year and have received prizes generously donated by VF Corporation, Fleet Feet, and The Fresh Market.

"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."

Bill Haps of Kernersville thought he was living right and had no idea he was at risk for heart disease. Despite having high cholesterol, elevated blood pressure and borderline type II diabetes, he controlled his health numbers with medication, was very active, felt like he balanced his stress, and practiced good nutrition. In October of 2014, everything changed. Experiencing shortness of breath and elevated blood pressure, turned into five heart attacks throughout that day with four major arteries blocked at 80% or worse. After undergoing a triple bypass and cardiac rehab, Bill now walks up to four miles a day with his wife, has lost 35 pounds, started running again after a 20 year break, and has completed two 5K races.

Diana Lewis of High Point has lost a total of 50 lbs. and 8 pant sizes! In August of 2013, she was a 30 year old mom of a six month old daughter. She was overweight and had an elevated cholesterol level. Diana didn't want to go on cholesterol medication, so she decided to make a change. She began changing what she ate, increasing her exercise and working hard to be a role model for her family. She inspires her family and co-workers to get active and eat better. In addition to her weight loss, Diana has lowered her cholesterol 60 points and did not have to go on medication.

In November of 2014, **Lee Schloss of TE Connectivity in Greensboro** weighed 350 lbs. He decided to join his co-workers who were walking during lunch breaks. At first it was difficult for him to walk just a few laps around the parking lot. Along with his co-workers, he signed a letter of commitment to change his eating and exercise habits. Lee took part in a 30 day fitness challenge including push-ups, planks and other exercises they would do during the work day. He also helped invent “spontaneous acts of wellness,” in which someone would walk into another employee’s cubicle and begin an exercise, compelling the other to join in the squats, lunges, etc. After 30 weeks, Lee lost 100 lbs. and ran a 10K. Today, Lee has lost a total of 130 lbs. and is training for his first half marathon.

The Healthy Heart Challenge was designed to recognize local men and women in the Triad 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 a leading cause of death and 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. To become involved with the American Heart Association’s Guilford Heart Ball, visit <http://guilfordncheartball.ahaevents.org> or email lekeshia.franklin@heart.org.

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About Bank of Oak Ridge

Bank of Oak Ridge (<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 – the two leading causes of death in the world. 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 to get involved, call 1-800-AHA-USA1, visit heart.org or call any of our offices around the country. Follow us on [Facebook](#) and [Twitter](#).