



GUILFORD
heart ball



MEDIA ALERT

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

Photos Attached

Friday, October 11, 2013 - In partnership with the American Heart Association's Guilford Heart Ball, Bank of Oak Ridge has announced Guilford County residents, Tabitha Johnson and Jimmy Myrick, as the two winners of the first-ever **Healthy Heart Challenge**. They will be recognized as the "2013-2014 Healthy Heart Winners" in Guilford County throughout the year and have received prizes generously donated by VF Corporation and Off'n Running.

"We are proud to recognize these two 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."

Tabitha Johnson has a history of heart disease in her family. She made a choice not to be another statistic. Tabitha joined Weight Watchers and Black Girls Run. A year and a half later, she is eating right, ran her first half marathon and has lost 44 lbs.

Jimmy Myrick is a heart disease survivor who had bypass surgery and an aortic valve replacement. After his surgery, he has made drastic changes to his lifestyle to prevent future heart issues. He is now walking three miles a day, has changed his eating habits and has lost 35 lbs. Jimmy appreciates his now healthier heart, which has made him stronger in his current battle with cancer.

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. To become involved with the American Heart Association's Guilford Heart Ball, visit www.heart.org/guilfordnheartball or email 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*[®]. 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.