



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 two winners.

Thursday, June 20, 2013 –In partnership with the American Heart Association’s Guilford Heart Ball, [Bank of Oak Ridge](#) has announced four local finalists in the first-ever *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 two winners. Individuals can vote for one finalist each day through June 30 at <http://www.BankofOakRidge.com/HealthyHeartChallenge/Vote>.

The finalists are:

- **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 has a new healthy outlook on life.
- **Carolyn Simms** is a heart attack survivor with a family history of high blood pressure. She woke up after heart surgery in the hospital on her birthday. She is now staying active by entering the Senior Games and working on managing her risk factors and her stress.
- **Danny Yanusz** is a quintuple bypass survivor. He was always very active, but did not have a focus on a heart-healthy diet to support his physically active lifestyle. After meeting with his rehab counselor, Danny decided to focus on his sodium intake. He has reduced his sodium from up to 10,000 mg of sodium to 1,800 mg of sodium per day to help prevent heart disease.

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The two finalists with the most public votes will be selected as the winners and will be announced at the **Healthy Heart Challenge** celebration in early October at Bank of Oak Ridge's Corporate Center. Winners will receive great prizes, provided by VF Jeanswear and Off'n Running, and become the "Faces of Heart Health" in Guilford County for 2013-2014.

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.

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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.