



GUILFORD  
*heart ball*



## MEDIA ALERT

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## VF Jeanswear To Donate Prizes to Celebrate Healthy Heart Challenge Winner

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

**Tuesday, April 9, 2013** – VF Jeanswear, headquartered in Greensboro, has volunteered to honor one of the Healthy Heart Challenge Winners. 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*.

As part of the *Healthy Heart Challenge*, Bank of Oak Ridge will be accepting nominations through May 31 for men and women who have made lifestyle changes to prevent heart disease and stroke.

Three winners will be announced at the *Healthy Heart Challenge* celebration in June 2013. Winners will receive great prizes and become the "Faces of Heart Health" in Guilford County for 2013.

The three nomination categories include:

- 1) **The Challenger:** This is for a Guilford County resident who was inspired by the Heart Healthy 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.

"VF Jeanswear is excited to get behind any effort that promotes a healthier lifestyle and the Healthy Heart Challenge is an opportunity to improve the cardiovascular health within our community," shares Sam Tucker, VP of Human Resources for VF Jeanswear. "We will be awarding the 'Change and Maintain' category winner a North Face Bag and a gift card for a wrangler.com shopping spree." Tucker will also be serving as the Chairman for the American Heart Association's 2014 Guilford Heart Ball.

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To nominate yourself or someone in your life who should be recognized and rewarded for heart-healthy efforts, visit [www.BankofOakRidge.com/HealthyHeartChallenge](http://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 4<sup>th</sup> leading cause of death and a leading cause of permanent disability. The American Heart Association's Life's Simple 7<sup>TM</sup> 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](http://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](http://www.heart.org).

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