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CONTACT:

Tamara Lee-Brooks
Public Information Officer
Wicomico County, MD
410-548-4801
tleebrooks@wicomicocounty.org

FITNESS COUNCIL'S FEBRUARY AWARD WINNER



The Wicomico Executive's Fitness Council announced that Jason Miller, principal of Westside Intermediate School, received February's Award of Excellence in recognition of his significant lifestyle change through exercise.

Miller, who last February weighed 280 pounds, says his decision to be healthy was based on his family's history of heart disease and because he had been on blood pressure medicine for over a year. "My doctor wanted to put me on cholesterol medicine because of my family history but I knew I was too young for that."

Miller started with a personal trainer who told him 'eighty percent of changing your lifestyle is what you eat.' Miller kept a food log for two months to keep track of his meals. He works out at a local gym five days a week, eats lean proteins and refrains from all carbohydrates after 2 pm. After six months, Jason no longer required blood pressure medicine and so far has lost 67 pounds.

"I'm not one of those people who can say - wow I've worked out for almost a year and I love going to the gym," Miller commented, "I'm not there yet, but I am happy with the results. I have energy and feel better." Miller shared that the keys to success are setting small goals, working hard and moving at a comfort level that is right for you.

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About the WEFC

The Wicomico County Executive's Council on Fitness and Healthy Living is committed to its mission to promote and encourage citizens of all ages throughout Wicomico County to adopt a personal goal of physical activity and responsible living habits to ensure a healthy quality of life. To learn more about the Council visit our website www.wicomicocounty.org. To nominate a community member for a Fitness Council award email tleebrooks@wicomicocounty.org.

Pictured: Lynn Matava (Fitness Council Member and nominator), Jason Miller (awardee) and Tom Brown (Fitness Council Chair).