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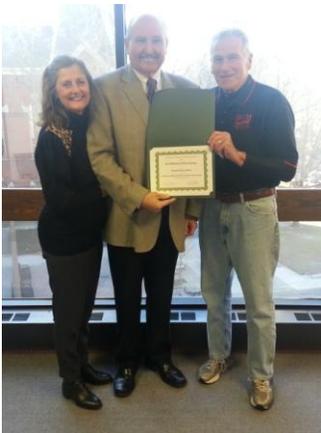
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FOR IMMEDIATE RELEASE

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EXECUTIVE'S FITNESS COUNCIL AWARDS FIRST RECOGNITION OF 2014



Today, the Wicomico Executive's Fitness Council announced that Dr. Douglas H. Wilson, President of the Community Foundation, received the year's first Award of Excellence in recognition of his significant lifestyle change through exercise.

Wilson admits he struggled with weight and had been overweight for most of his life. He revealed he had tried "multiple diets" – all with positive, but short-term results. But it was a stark conversation with his doctor early in 2012 that became the true motivation for change.

"My doctor told me that either I exercise and lose one-hundred pounds, or he'd be reading about me in the obituary section," Wilson explained. Doug realized that at 310 pounds he "needed to find something that worked for me."

Soon after that conversation, he began walking and continues to walk 2-4 miles on most days. In addition, Doug incorporated weight-lifting in August of 2012 to maintain muscle mass and hasn't looked back. He is no longer on cholesterol medication, has lost 80 pounds towards his goal and is down to one blood pressure medication instead of two. "I thought it was going to become too much to do but once it becomes part of your behavior – I miss when I'm not walking."

Doug offered the following words of encouragement, "By addressing your most unhealthy behaviors head on and working to change those behaviors in a manner you can handle, you'll begin to see positive results that will surely prevent any potential health risks in the future. Stick with it and your positive results will be self-perpetuating."

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.

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