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**FOR IMMEDIATE RELEASE**

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### **FITNESS COUNCIL ANNOUNCES JULY WINNERS**

On Tuesday, July 1, 2014 the Wicomico Executive's Fitness Council announced two winners for July's Award of Excellence. Miss Zoey McKenzie, a 13 year old from Hebron, and Ms. Maria M. Curtis, of the Wicomico County Board of Education both received awards in recognition of their significant lifestyle changes through nutrition and exercise.



Miss Zoey McKenzie (center), our youngest award winner, was nominated by Dr. George Whitehead for her life-changing accomplishments. Zoey recently participated in *Healthy Us*, a program sponsored by Peninsula Regional Medical Center, Richard A. Henson Family YMCA and the Rotary Club of Salisbury. There she learned about portion control and how nutrition and exercise can help her manage Type II diabetes. So far, Zoey has lost a total of 122 pounds!

Miss McKenzie commented, "I couldn't have changed my eating habits without my Aunt Debbie and the Healthy Us program encouraging me to never give up."

Our second WEFC Fitness Council winner, Ms. Maria M. Curtis was nominated by Fitness Council member, Diane Pellegrino. It was the passing of a favorite uncle and the depression that followed that ultimately motivated Maria to begin the journey to a healthier life. "Finally, in 2013 I started attending [Lifestyle Balance] diabetes prevention sessions at the YMCA that were sponsored by the Health Department," Curtis explained, "It was there that I was given insight and tools to help me modify the way I thought about food and exercise."

Ms. Curtis, who has shed 47 pounds, credits her sons for providing the additional inspiration and support that keeps her focused. She offers the following encouraging words, "Whether you make the change for yourself, for your children or to enjoy your grandchildren...the choice is yours. But choose to take a step in this direction because you will win, if you don't quit."



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