



Submitted Photo

Red H.E.A.R.R.T organized the record-breaking event, for the largest group doing sit-ups simultaneously for one minute. A total of 414 Winston-Salem/Forsyth County community participants as well as Winston-Salem Mayor Allen Joines completing the attempt successfully on Thursday, Feb. 5.

# Red H.E.A.R.R.T and 414 participants break Guinness record for largest group doing sit-ups

SPECIAL TO THE CHRONICLE

Cheryl Lindsay, founder of Red H.E.A.R.R.T (Help Educate And Reduce Risk Today), says that she has been notified that the Guinness World Record for the largest group doing sit-ups simultaneously for one minute was officially set on Thursday, Feb. 5, 2015, at Gateway YWCA in Winston-Salem.

The official record announcement can be found here: <http://www.guinnessworldrecords.com/world-records/most-people-doing-sit-ups-simultaneously>.

Red H.E.A.R.R.T organized the record-

breaking event, which included a total of 414 Winston-Salem/Forsyth County community participants as well as Winston-Salem Mayor Allen Joines completing the attempt successfully.

"This was an incredible event, and it underscores what the community can do together to educate all about heart health initiatives," Lindsay said.

"The student support from Winston-Salem State University and Salem College helped make this a possibility, and the passion of our sponsors and local



Lindsay

residents ensured this was a success! Allen Joines, Winston-Salem State University and Salem College are named within the Guinness World Record Description for their tremendous participation.

"The support of the volunteers from nonprofit service organizations such as The Links Inc. and the Alpha Kappa Alpha Sorority was invaluable," Lindsay said.

"And, the community that came out to support this fifth-year anniversary event by participating in the health fair, the zumbathon and the Guinness World Record attempt was

amazing! I can't thank everyone enough for their continuous and generous support!

If we saved one person's life by making them aware of their heart health through heart medical assessments, education and/or helping them to realize that 'Going Red & Get Moving' can be fun and may save your life, our efforts will be worthwhile!"

During the main event, the Guinness World Record Sit-Up attempt, participants started doing sit-ups when Chris Mack, Community Services Project Supervisor for the city of Winston Salem, blew the opening whistle, and volunteers, including

fitness instructor Chris Robinson, who instructed the groups while doing the sit-ups, community zumba instructors, lead fitness instructors and service organization attendees, watched over the event to ensure total participation.

"None of this would be possible without the collaborative support of the community, (Red HEARRT's sponsors, volunteers and community partners)."

Platinum Sponsors of Red H.E.A.R.R.T. and the Go Red & Get Moving Initiative include Harmony Ridge Farm, Randolph Childress and The Tuttle Foundation.

Other sponsors include Gateway YWCA,

HanesBrands Inc., Studio ZT, Women's Wellness & Fitness and the Office of the Mayor. Sponsors/Partners of this Initiative include the Gateway YWCA, Novant, Go Red Council/American Heart Association, Women's Wellness & Fitness, Fleet Feet Sports, The Portrait Gallery, Forsyth Woman's Magazine, Forsyth Family Magazine, Union Baptist Church, The Links Inc. and the Alpha Kappa Alpha Sorority Inc.

For more information about Red H.E.A.R.R.T, please visit [www.Redhearrt.com](http://www.Redhearrt.com) or call (336) 655-5101.

## Judge

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ous" on several occasions, referring to what seemed to be a record number of attendance as family, friends, and colleagues filled not only one but two levels of the federal courthouse to show their love and support in congratulating Biggs on this day of accomplishment. "She is going to have great challenges and she is going to have great successes, and I'll be there every step along the way to support

### "She is going to have great challenges and she is going to have great successes, and I'll be there every step along the way to support her,"

—Judge James Beaty Jr.

her," Beaty said at the ceremony. "I am honored to have Judge Biggs not replace me but instead join me on this bench for the great state of North Carolina. I could not be more proud of her."

With the line-up of those speaking including some of Biggs' most influ-

ential people in her life, the Honorable Patricia Timmons-Goodson, retired associate justice, perhaps said it best:

"There is a pattern when it comes to my dear friend, the Honorable Loretta Copeland Biggs," Timmons-Goodson said, "and the pattern is this:

Wherever she has been planted, she has bloomed."

Biggs ended the special ceremony by speaking of a painting that she once saw years ago hanging outside of the oval office at the White House in Washington, D.C. It was titled "Promised" by

Steven Scott Young. It was the painting of a young, black girl, holding an American flag.

Nearly everyone in the courtroom showed teary-filled eyes as Biggs spoke of seeing herself in this lit-

tle girl. "In this little girl, I could see hope and I could see opportunity.

I could see her dreaming that one day she could be whatever she wanted to be in this great United States of America," Biggs said.

"My country has lived up to its promise to me, but it doesn't stop here.

I pray I become a symbol for all little boys and girls that anything is possible.

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Forsyth Creek Week is a county-wide initiative organized by the City of Winston-Salem Stormwater/Erosion Control Division, Forsyth County Extension Service, Village of Clemmons, Town of Kernersville, the City/County Utility Commission, Forsyth County Public Libraries, Forsyth County Parks & Recreation, Forsyth County Environmental Assistance and Protection, City of Winston-Salem DOT, Forsyth Audubon, the Gateway Environmental Initiative, Keep Winston-Salem Beautiful, Old Salem Museums and Gardens, Schworks, the Sierra Club, Yadkin Riverkeeper, Hispanic League and the North Carolina Association of Floodplain Managers.

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