

FORUM

Red H.E.A.R.R.T. welcomes 2016 and celebrates 2015 with THANK YOU!



Cheryl Lindsay
Guest Columnist

We can't move into 2016 without thanking our community for your partnership and continuing support in 2015. 2015 was the fifth-year anniversary of initiatives of Red H.E.A.R.R.T. (Help Educate And Reduce Risk Today).

Red H.E.A.R.R.T. and Winston-Salem/Forsyth County broke another Guinness World Record and more importantly, we helped build awareness at all levels in our WS/FC Schools with varsity basketball teams wearing red socks and students pledging to a 30-day health challenge.

Heart disease is still the number one killer of both men and women – and it impacts the young and old. Heart disease doesn't respect race or economic background, but it is preventable. We're in a fight to save lives: our lives, the lives of those we love, and the lives in our community.

Over the last five years, you've helped us to create heart disease awareness and drive heart disease prevention throughout our city.

Winston-Salem has been recognized twice as the home of a Guinness World Record:

On Feb 1, 2013, 1,121 WS/FC Middle School students, Mayor Joines & Red H.E.A.R.R.T. broke the Guinness World Record for having the most students doing Zumbatomic at one time! That world record was just the beginning. Over the last three years, approximately 14,000 students have participated in heart/health challenges. Local restaurants have joined the fight by offering heart-healthy dishes during the month of February (and donating a portion of their proceeds during this month to the American Heart Association to help further research and assistance for those impacted by heart conditions).

In 2015, RED H.E.A.R.R.T., Mayor Joines and 414 people broke the Guinness World Record for the largest group doing sit-ups simultaneously for one minute. The record was officially



More than 400 participants gathered on Feb. 5 at the Gateway YWCA, seeking to set a world record for the most people simultaneously doing sit-ups for one minute. The group succeeded.

set on Thursday, Feb. 5, 2015, at Gateway YWCA in Winston-Salem.

Winston-Salem and Forsyth County community participants broke the Guinness World Record again!

Over the last five years, we've held Zumba Heart Health Fair events to demonstrate how fun it is to get moving and make a

difference in your health. I'm proud to say that with the support of the partners, sponsors, and the community at large, we reached every goal set from 2010-2015!

Thank you for joining the fight to make a difference! Happiest of New Years to you and yours, and best wishes for 2016! I'm looking forward to your

continued support and partnership in 2016!

For more information on our initiatives, please visit our website at www.redheartt.com.

Cheryl Lindsay is the founder of the Red H.E.A.R.R.T. (Help Educate & Reduce Risk Today) initiative, which advocates heart health in

children, teens and women. Red H.E.A.R.R.T. was created to help the community by saving the lives of others through education and resources. Over the last five years, the heart health initiatives have included education and programs on heart health, fitness, childhood obesity and nutrition.

- Red H.E.A.R.R.T.'s sponsors and partners**
- Winston Salem State University
 - HanesBrands Inc. Winston-Salem /Forsyth County Athletic Dept.
 - The Links Inc. Winston Salem State University – Rams KNOW H.O.W. Winston Salem State University Athletic Departments (Men's Basketball, Women's Basketball, Volleyball, Football, Cheerleaders, Women's Tennis and Women's Track) Women's Wellness & Fitness Fleet Feet Union Baptist Church Forsyth Women's & Forsyth Family Magazines The Tuttle Foundation Alpha Kappa Alpha Sorority Harmony Ridge Farms Alpha Kappa Alpha Sorority, Inc. (Phi Omega Inc.) Salem College Salem College Women in Business Studio ZT Office of Mayor Allen Joines Sam's Club Lowe's Foods Go Red For Women Winston Salem Forsyth County Health Department Young Chef Academy Winston-Salem/Forsyth County Schools Novant WS/FC Zumba Certified Instructors Randolph Childress Winston-Salem/Forsyth County Community Debora Freeman Macy's Tabettha Bailey American Heart Association City of Winston-Salem Recreation Department Alyson Francisco Winston-Salem Chronicle The Downtown Partnership The Children's Museum

2ND SHIFT

STARTING JANUARY 2016

6 PM UNTIL 1 AM
MONDAY - FRIDAY

MudPies DOWNTOWN EAST

CHILD CARE

NOW ENROLLING

251 EAST 7TH STREET ▾ WINSTON-SALEM, NC
With the new year come new challenges; let MudPies Downtown East handle your 2nd shift child care needs...

INFANTS 0 - 12 MONTHS \$200/ WEEK	TODDLERS 13-24 MONTHS \$190/WEEK	PRESCHOOL 3 - 5 YEARS \$180/WEEK
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NWDC is a 501(c)3-non-profit organization
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