

## Choose To Move™ Challengers The Seven Real Women

**Kathleen Lopez**, 56, is a Caucasian elementary school nurse in Houston, TX and a mother of three. Kathleen's husband runs several miles a day, but Kathleen simply hates to exercise. Although she eats a fairly healthy diet, she lacks the physical activity she needs to beat women's No. 1 killer, heart disease. Kathleen joins the program to learn new, fun ways to work out daily, while her husband continues to be her biggest supporter. **"As a nurse, I know all the whys and even the how to. But, I have learned the doing comes from within."**

**Ruann Moody**, 47, is a Caucasian mother of three teenagers from Coppell, TX. Her husband is a marathon runner, but Ruann just can't seem to get motivated enough to join him during his morning runs. Ruann hopes this challenge will give her the motivation she lacks and the discipline she needs to become a healthier mom and wife. **"I am excited to learn more about exercise for my age and body type."**

**Lisa Hammond**, 30, is a newlywed African American born and raised in Washington, D.C. Lisa has recently relocated to Virginia and is having a hard time fitting in fitness and eating a balanced diet. She frequents fast food restaurants because they are convenient and quick. Lisa, through this 12-week challenge, hopes to overcome the battle against heart disease that many in her family's history have lost. **"Being in the gospel music industry, I am on the road a lot...with bad eating habits. I want to somehow live a healthier life."**

**Melanie McGill**, 53, is a recently-married Caucasian and Stephen F. Austin State University professor. She commutes about 375 miles per week from Dallas to Nacogdoches, TX. Because she is sedentary for most days of the week, she joined the Choose To Move program to learn how to incorporate more physical activity into her "road warrior" lifestyle. **"I would like to develop a life-long habit of regular exercise that works with my busy schedule."**

**Vernita Morgan**, 38, is an African American, single student from Natchitoches, LA who is working to earn her PhD at the University of Iowa. Since she studies healthy lifestyles, Vernita knows she needs to change her own. Vernita is an energetic woman who is ready to kick those bad habits and make new, healthy changes in her life. **"I want to be a Choose To Move woman and empower myself through commitment, behavior changes, increased activity and planning."**

**Kara Byrd**, 35, is a stay-at-home Caucasian mom from Atlanta and a veteran local American Heart Association employee. She and her husband have three small children who keep them very busy. At age 25, Kara had successful open heart surgery to repair several congenital heart defects. In spite of putting her own health on the backburner in order to care for her family, today Kara joins Choose To Move so she will be around for her family in the future. **"I feel I owe it to myself and my family to get a grip on my health! I'm ready to find my inner strength again."**

**Zulema Esparza**, 27, is a first grade school teacher in the Houston, TX area who has a family history of obesity. Zulema is a single Hispanic woman whose goal is to lose weight and eat healthier. She is excited to be a part of this challenge because she wants to become a role model for her students, her family and her boyfriend so they too will learn to make healthier choices. **"As a first grade teacher, I see the problem of childhood obesity first-hand. I want to make a difference in my life so that I can inspire my students."**



Their advisor, **Dr. Jennifer Mieres of NYU**, says, "These women – who are very knowledgeable and savvy – had not previously translated that knowledge about heart disease and prevention into their daily lives. Now, they have committed to a healthier lifestyle enriched with regular physical activity and better food choices."