



## **MEDIA STATEMENT**

### **FOR IMMEDIATE RELEASE**

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### **TMH Foundation's Move to Improve inspires Valley residents to get moving with Biggest Loser winner**

*Warren, May 11, 2010* — The Trumbull Memorial Hospital Foundation will help Valley residents lead healthier lives, with the sixth annual Move to Improve held May 20 from 6-8 p.m. at Lincoln School in Warren.

Guest speaker for this free community event is Bill Germanakos, season four winner of NBC's hit reality show "The Biggest Loser." Germanakos will share his inspiring story of turning his life around and losing 164 pounds, 49.1 percent of his body weight, to win the Biggest Loser title. He is now a Wellness Ambassador for Quest Diagnostics.

The event also gets participants moving with cardio dance craze Zumba and effective dynamic stretching with Jump Stretch, Inc. Founder Dick Hartzell.

"These free community wellness programs are a perfect opportunity for us to provide education, information and an introduction to some different fitness venues. It's a great way to get motivated," Christine Ruggieri, TMH Director of Community Relations, said.

For more information, please contact Christine Ruggieri at 330-240-4838.

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