



FOR IMMEDIATE RELEASE

Contact: **Jennifer Greenwell**  
Phone: **(423) 378.9500**  
Email: **[jgreenwell@bankoftennessee.com](mailto:jgreenwell@bankoftennessee.com)**

## Bank of Tennessee Employees Lose 709 lbs.; Local Animal Shelters Will Gain It

(Johnson City, TN)- Bank of Tennessee employees have collectively lost a total of 709 pounds since January 2018 in a company-wide commitment to healthy living. With their weight loss, local animal shelters will benefit by receiving a pound-for-pound donation of dog or cat food.

Bank of Tennessee is focused on encouraging healthy employee lifestyles. This includes work out centers in certain branches for employees, free fitness classes, and voluntary challenges for employees that focus on overall health and not just weight loss. In addition to challenges and facilities, physical fitness trainers are available to employees and all Bank of Tennessee campuses are tobacco-free environments.

More than one hundred forty pounds of dog or cat food will be donated to shelters located in the Tri-Cities, Knoxville, and Nashville this year. The shelters that will benefit are, The Bridge No Kill Animal Shelter, Washington County/ Johnson City Animal Shelter, Unicoi County Animal Shelter, Young Williams Animal Shelter, and the Music City Greyhound Adoption Center. This is the second year for the Pound for Pound challenge which has resulted in an increase in weight loss and donated food from the previous year of 18%.

The voluntary challenge allows employees to join teams for accountability and encouragement, therefore building stronger relationships with co-workers in addition to healthier lives. Employees have seen the benefit of the healthy lifestyle many ways and it has been such a success that they are more than willing to share their stories.

The success story of Angela highlights the benefits of the team challenge and how accountability helped her. "I quit smoking in August of 2016 and gained 30 lbs., over the course of a year. While I was already overweight the extra 30lbs was a huge eye opener for me and I knew I had to do something. The health challenge was a great motivator for me as I knew I was accountable to my team. The weekly reporting of points to our team leader opened up discussions amongst our team

and we worked to motivate each other to stay on track. I am happy to report I gave up my Diet Mt. Dew addiction and gained a whole new perspective to healthy eating and portion control. I have lost 48 lbs. to date and I feel great!" - Angela

The health challenge isn't just about weight loss; it is about overall health and building better habits. Another team member, Lynn, reports "Prior to this challenge I drank very little water, I now drink water throughout the day and evening. I eat less fast food; instead I'm eating more fruits, veggies and healthier foods. I also work out and walk more than ever. This challenge has made me aware of my overall health and the need to keep up these healthier eating habits.

"The bank is committed to helping everyone work toward being healthier. It is a life long challenge and having others to keep the motivation focused is helpful. Weight loss is secondary, but the animals will benefit as a result" said Roy Harmon, CEO.

Health and wellness is a priority for all bank employees, the opportunity to give back to the community is a bonus. The donations to shelters in the communities make it easy to work hard and stay on track.

### **About Bank of Tennessee**

Bank of Tennessee opened in 1974 in Kingsport, TN and now has 21 locations from Middle to East Tennessee. For more information, visit [www.bankoftennessee.com](http://www.bankoftennessee.com). Member FDIC.

###