

WORLD CHAMPION HUGGER, TEDDY McHUGGIN, WILL MAKE HISTORY IN 50 DAY HUGGING EVENT FOR THE AMERICAN HEART ASSOCIATION

He has broken 4 Guinness World Hugging Records. He is considered to be the World's best and fastest hugger.... and he does it all for charity and this time it will be something no one has ever attempted before.

Starting on February 1st and going thru March 22nd, Teddy McHuggin will attempt to do what no one has ever done before and that is to hug 50,000 people in 50 days to raise a minimum of \$50,000 for The American Heart Association in what is being called the Hugs For The Heart Across America event.

Teddy has broken the Guinness one hour and 24 hour records in the past but this time his Hugs For The Heart event will span 50 days and multiple cities which will include Las Vegas, Los Angeles, New York City, Chicago, Boston and many others along the way. Past events have been very successful and have been a fun time for all involved.

This marathon event is going to help raise money as well as awareness for The American Heart Association for their Go Red For Women Campaign. With heart disease being the number one killer of women in America, this is a very important issue to bring to the forefront of all women everywhere.

Social media will be a big part of the Hugs For The Heart Across America Hug-A-Palooza that Teddy will embark upon. There will be a Facebook challenge that people can take part of. People will be asked to hug 5 people within a 24 hour period and/or make a donation to the Go Red For Women campaign. They will then challenge 5 of their Facebook friends to do the same. When Teddy is in each city, people will be able to make a video of them taking the Facebook challenge with Teddy McHuggin.

The very first Hugs For The Heart Facebook challenge will be sent out by Teddy and Former Ohio State University football coach and current Youngstown State University President, Jim Tressel. It will be sent out on the kickoff date of February 1st. Which is also the kickoff to Heart Month in North America.

There will also be a chance for people to donate and pledge for each hug that Teddy gives up to the 50,000 mark. Hopefully with some help from mainstream media, Teddy thinks this event can go well past 50,000 dollars and well into the millions.

But just as important as raising money is also the raising of the awareness of how to take preventative action to avoid heart disease. By eating better, exercising more and getting regular check ups, people can lessen the threat of heart disease. Most people do not realize that heart disease is the Number One killer in North America.

Teddy McHuggin is actually a 56 year old guy, Jeff Ondash, from Youngstown, Ohio. His passion here runs deep for this great cause. His father had a massive heart attack when he was 48 and his oldest brother Joe died from a massive heart attack at the young age of 38. Jeff does these events as a way to keep their memories alive. His hope is that if he can help to create awareness so that more seek out preventative measures, more will survive. And hopefully, heart disease someday will be overcome.

To donate and take the Hugs For The Heart Facebook Challenge, people can go to the Facebook page of Teddy McHuggin or to TeddyMcHuggin.com.

For more information, or to interview Teddy, he can be reached at 330-881-0593 or by email at jeffondash@aol.com

Thanks for your consideration.