

CHAMBER CHALLENGE TEAM PROFILE

Part of an ongoing series of mini-profiles of teams running in the Chamber Challenge 5K on June 4. If you have a team you would like to see profiled, contact Emily Thomas at 232-5902 or EmThomas@CITIZEN-TIMES.com. To find a training session, visit www.ashevillechamber.org and click on "Events" under the "Chamber" tab.

Team Name: Literacy Council of Buncombe County.

Team members answer the question **What are you doing to live a longer, happier life?**

Amanda Edwards, 33, Asheville, captain: Edwards exercises five-six days a week and is a certified fitness instructor who teaches at the YWCA. She experiments with new, healthy recipes using fruits and vegetables from her husband's



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The Literacy Council of Buncombe County's team for the Chamber Challenge includes, from left, Becca Loli, Ashley Vandewart, Erin Sebellus and Amanda Edwards.

garden. She maintains close friendships, lives one day at a time and teaches her little boy the joy of life.

Ashley Vandewart, 27,

Asheville: Vandewart runs, swims, cycles and enjoys hiking and camping. She grows her own vegetables and cooks healthy foods with as many local ingredients as possible. She also laughs a lot.

Becca Loli, 27, Asheville: "I am participating in the Chamber Challenge 5K. I go to the gym sometimes, I have a cat and I am starting to garden this year."

Erin Sebellus, 39, Asheville: "I am eating healthfully, exercising and doing yoga as often as possible, nurturing my relationships, practicing gratitude and trying to remember to take lots of time to laugh and enjoy myself."