

Dr. Annette Zaharoff Named Interim Chair of Active Living Council

San Antonio ranks among the top three performers in the nation and is recipient of one of only 50 grants

SAN ANTONIO (August 4, 2011) – Dr. Annette Zaharoff, local physiatrist specializing in the non-surgical treatment of sport, physical injuries, and ongoing acute pain, was recently named interim chair of the Active Living Council.

The City of San Antonio Metropolitan Health District received a \$15.6 million grant in March 2010 called Communities Putting Prevention to Work (CPPW), funded by the American Recovery and Reinvestment Act of 2009. One aspect of the CPPW program was the formation of the Active Living Council. Only 50 grants were awarded and San Antonio ranks among the top three performers in the nation.

The Active Living Council will present its master plan in the fall of 2011.

As Interim Chair of the Active Living Council, Dr. Zaharoff leads the 21-member delegation tasked with creating a three-to-five year master plan to promote active living and ensure that every individual in Bexar County has access to safe, healthy places and programs to support physical activity. The Active Living Council will present two policy recommendations to the City of San Antonio aimed at reaching the goal of transforming Bexar County into a healthy community through active lifestyle.

The Council's membership includes representation from all levels of influence and physical activity knowledge and experience with volunteers from business and industry; education; healthcare; mass media; public health; non-profit; parks, recreation, fitness and sports; and transportation, land use and community design.

Dr. Zaharoff has also been an invited guest member of the Mayor's Fitness Council, which examines the intersection between quality of life issues and two of the city's most pressing medical challenges: obesity and diabetes.

Dr. Zaharoff and the work of volunteers from a diverse cross section of community will ultimately result in a profound positive impact on children, families and the betterment of our health care system.

Active Living comes natural for Dr. Zaharoff – who was once a professional tennis player that toured the globe – she treats many athletes from all sports as well as musicians, weekend warriors, Baby Boomers, anyone striving to manage chronic joint pain.

Dr. Zaharoff's practice – The Non Surgical Center of Texas – concentrates on nerve, muscle, and bone injuries that adversely affect natural movement. Her team are experts at diagnosing and treating pain to restore maximum function lost through injury, illness or disabling, chronic conditions. The goal is to decrease pain and enhance performance *without surgery*. Her specialty impacts a great majority of the active population since 90 percent of all injuries are non-surgical. If surgery is required, Dr. Zaharoff expedites a referral to a surgeon and follows the patient post-operatively to develop a rehabilitation program.

For more information, call The Non-Surgical Center of Texas at 210.616.0646. Or visit them on the web at www.DrZMD.com.

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