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FOR IMMEDIATE RELEASE

LOCAL WOMAN WITH CYSTIC FIBROSIS EXERCISES THROUGH LUNG DISEASE

TAMPA, FLA -- How does one survive when two of the basic functions for life, breathing and eating, are compromised?

Kira Taylor of Wesley Chapel, Florida does it everyday in facing the struggles of Cystic Fibrosis (CF). Exercise is a critical part of her ability to fight the disease not only physically, but mentally as well. In November of 2020, Taylor was awarded a CF Recreation Grant to help her afford a gym membership to utilize exercise as one of the many treatments to keep her lungs clear of mucus, and her attitude positively empowered. Today Kira is Twenty-One years old and thriving.

The Cystic Fibrosis Lifestyle Foundation (CFLF) will be celebrating Ms. Taylor for being recognized as the CFLF's 1,500th Grant Recipient with the premier of a short documentary-style video being premiered on Facebook and Youtube.

About the Cystic Fibrosis Lifestyle Foundation (CFLF)

The CFLF is an independent 501(c) 3 non--profit organization that assists in providing avenues toward healthy and active lifestyles through recreation, by providing Recreation Grants in the form of financial assistance, as well as education and resources to the CF community, thereby empowering and educating people with Cystic Fibrosis on the critical psychological, social, and emotional connections between their lifestyle and their health.

With the tagline "Living Stronger! Living Longer!" CFLF Founder, Brian Callanan, seeks to provide a better quality of life through active lifestyles. Having cycled from Canada to Key West in 2006, Callanan raised funds to begin providing financial assistance to the CF community for pursuing exercise--based activities as a supplemental means of clearing the lungs, but also to become stronger with dealing with the disease, both physically, emotionally and socially.

In 2013, the organization relocated its headquarters from Vermont to Miami Beach with Callanan pursuing the known benefit of salt water on clearing airway congestion. Since the program began in 2007, nearly \$800,000 has been provided nationally to over 1,500 patients nationally for direct assistance with activity related costs.

About Cystic Fibrosis

Cystic Fibrosis (CF) is a genetic disease that greatly affects the lungs and digestive system. Only a few decades ago, people with CF had a life expectancy under ten years old, but with new medical breakthroughs and new treatment options, people with cystic fibrosis are living into their forties, and beyond. With only 30,000 cases in the United States, CF is considered an orphan disease, with limited awareness and public support.

The disease is most commonly marked by the chronic congestion of airways with thick and sticky mucus and the compromised ability to digest and absorb food. Complications also include the development of CF related diabetes, arthritis, liver and kidney problems, isolation, depression and anxiety. Patients must endure a regimen of chest physiotherapy twice daily, handfuls of digestive enzyme capsules and vitamin supplements, as well as nebulized medications, IV antibiotics, insulin shots, and frequent hospitalizations.

While there is currently no cure for the disease, exciting medical advancements, along with patient support programs like the CFLF Recreation Grants, enable patients to continually see a longer and brighter future.

To learn more visit www.CFLF.org, or call us at 1-833-GO2-CFLF (833-462-2353)

To schedule an Interview, please contact:

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