

Chip Hann Exchanged Retirement for Exercise

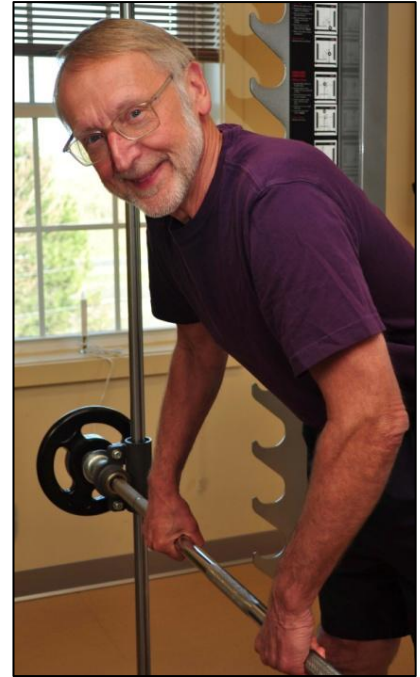
Chip Hann moved to Amissville from Baltimore, Maryland, in 2008 with his wife, Linda. They moved back to her childhood home in Rappahannock. “When I moved here, I had nothing but time, and that was when I started to notice that my overall health was heading in the wrong direction. This concerned me because I had always been healthy and active but retirement wasn’t being good for me,” said Chip, “I was eating right, but physical activity was the missing component.”

One day, Chip received a mailer from the Wellness Center that prompted him to look at their website. Everything fell in line with what Chip wanted in a fitness facility. He didn’t want to join a gym filled with noisy, body-builders; instead he wanted to join a facility with staff that would guide and teach him how to properly get back on track with his health.

In December, 2011, Chip and Linda went to the Wellness Center to get their cholesterol checked. After seeing everything the Wellness Center had to offer, they decided to join. Chip joined the Make One Change program and focused on physical activity. Through the lectures, program materials and the staff, Chip learned that physical activity is more than just lifting weights. It’s about upper and lower body strength, core strengthening, flexibility and most importantly for him, balance.

Chip continues to make progress. He has increased his overall strength, which has given him confidence to do everyday tasks, like carrying groceries, taking the stairs and walking longer distances. He was even been able to do some construction around the house, something he wasn’t able to do a year ago. Not only has his physical strength increased, his balance is improved. He is now able to stretch without using a bar to steady himself.

Personal motivation is important, but Chip also gives credit to the Wellness Center for his success. He says, “All fitness centers offer similar machines, equipment and classes, but the Wellness Center staff is what makes the facility. They are wonderful. They have shown me that fitness should be the number one priority to help with anti-aging. I am proof. I am even considering a 5K run.”



Chip incorporates physical activity to his routine to help maintain a healthy lifestyle.