

## The Power of a Partner

Patty and Ken Winkelvoss are a team in all aspects of their lives, and exercise is no exception. Patty said, “It’s easy after a long day to say, ‘I don’t want to go.’ ” Patty and Ken push and encourage each other to work out at least four to five times a week-- and they hold each other accountable.

Patty is a pharmacist at Fauquier Hospital and has been an employee since 1984. After Ken retired from Fairfax County Fire and Rescue, he decided to try and lose some weight; and they made the decision to start working out together. When they were first deciding which gym to join in 2008, they went to the Wellness Center because of its great Fauquier Health employee price and spouse discount. Five years later, they are still members because of the incredible staff and variety of classes. Ken said, “They have a really great staff. That is one of the reasons we have stayed. There is always someone on the floor to answer questions.”



Patty and Ken Winkelvoss workout together to stay healthy.

New members of the Wellness Center are given a tour of the facility as well as instructions and training on all the machines. Both Ken and Patty found this to be very helpful when it came time to work out on their own. Patty said, “They also helped me develop a workout plan. When I started, I wanted a plan to target my upper body, now they have helped me develop a plan for my lower body.”

Whether or not it’s an exercise physiologist, a massage therapist or another staff member, all are attentive and helpful, agree Patty and Ken. “Throughout the year the Wellness Center sends out members surveys,” says Patty. “They really make an effort to listen to the members and respond.” For example, when there was a request on the survey for more group spin classes, the Wellness Center found a way to offer two more classes a week.

Not only do Patty and Ken try to go to the Wellness Center together, they also enjoy the same group exercise classes- yoga, spin and Pilates. They burn calories, challenge their flexibility and enjoy each other’s company, all while having a great time.

“As you get older, health problems may arise. We want to live long and be healthy,” said Ken. Patty and Ken have two young granddaughters, and they say exercise has definitely helped them to keep up with the little ones.