



Andrea Van Ye

One of the first things you might say when you meet Andrea is “You have five kids!?” Her youthful appearance may throw you off, but mostly it’s her energy and spirit. This 44-year-old mother credits Coach Brown for believing in her but what people don’t know is how much she believed in him. She started training with Coach Brown a year and a half ago at his former employer and from the beginning she encouraged him to go out on his own. “He is very gifted at what he does, and there are a lot of people who could benefit from Dave’s knowledge and ability to encourage. He brings a balance to the training. He has expectations but they are always backed up with believing in his client.” says Andrea.

Coach Brown believed in Andrea so much that he convinced her to compete in a short triathlon after only five months of training. “I started with Dave at 44 years old with five children. Although involved in sports in high school, I did not keep up with a lot of consistent physical activity during my years of being pregnant and having babies. I wasn’t sure if I would complete the triathlon, but Dave continued to believe in me and I did it. I am looking forward to competing again in the future.”

Andrea says Underground Functional Fitness is a special place and the atmosphere keeps her motivated. “It’s a place where people’s dignity is honored, their strengths are appreciated, and weaknesses respected and worked with. I appreciate the depth of knowledge and the personal attention. Dave and the trainers genuinely care about each person, their families, and what is going on in their lives.”

Andrea’s children range from 6 to 15 years old. She loves spending time with her family outdoors... boating, swimming, and biking. She enjoys baking, watching movies, reading, and writing. Her passion is to encourage people in their faith through writing and speaking. You can be inspired by Andrea in each Underground Newsletter or at her blog at <http://www.unfailinglyloved.blogspot.com>.

