



Andrea Kippenhan

Being a stay at home mom is a tough job and “mommy time” is hard to come by...especially when you have six kids to take care of. Andrea Kippenhan tried joining gyms and getting childcare but it just wasn't working for her. “The longest I ever stuck with any exercise class was for a kickboxing class that lasted about six weeks, even for that just getting out of the house was a challenge,” says Andrea.

A solution to Andrea's problem came a year ago when her house builder referred her to Coach Brown. She couldn't make it to Underground Functional Fitness, so Coach Brown brought it to her. “It has helped me tremendously having Dave come to my house. I have no excuse not to exercise, he keeps me going. I never trained before with a personal trainer, I didn't know what to expect.”

Andrea is amazed that after a year of training with Coach Brown she has never repeated the same workout. “He keeps things interesting, challenges me, and makes me feel good about what I am doing. He has pushed me harder and farther and has me doing things I never thought I could”. One of those things is running a race...she ran the Bellin Run this summer and finished in 58:06 and ran 5 miles in the Fox Cities Marathon relay and finished in 8:33/mile. “I'm 41 with 6 kids and I can run a race and do good which really amazes me. I never thought I could do anything like that”. Andrea has also lost more than twenty pounds and went from a size 12 to a 6.

Andrea and her husband Tim have been married for 17 years and have 6 children, Nicholas (11), Noah (9), Andrew (8), Michael (4), Annalise (2), and Jacob (2). She loves to vacation with her family, scrapbook when she finds time, and enjoy every minute of her workout.

