

## CHIP BRUCHAC – PERSONAL TRAINER!

*“When we go to a medicine person or healer because we are feeling disheartened, dispirited, or depressed, he or she might ask questions like, ‘When did you stop singing? When did you stop dancing? When did you stop being enchanted by stories? When did you begin finding discomfort in the sweet territory of silence?’”*

On a warm, sunny, peaceful Sunday morning, I set out on my bike to ride and think. That’s the benefit of biking; not only do the wheels attached to the bike spin, the wheels inside our brains spin, as well. My top speed likely did not exceed 12 mph, which was just fine with me. During that ride, I met Chip; how fortunate! His love and desire for fitness was evident from the moment we began chatting and it shines so bright, not to mention that it is completely contagious. If you’re lucky enough to spend a few moments talking with Chip about fitness and exercise and training, you will discover that you truly want to begin increasing your stamina...strengthening your body...and learning how to push yourself out of your comfort zone and actually explore an entirely new, energizing way to train your body and motivate your mind. Not only does Chip offer an excellent personal training program, he specializes in preparing anyone and everyone for a triathlon or a marathon. If you desire running a 5K, Chip is the trainer for you. If you desire running an entire marathon, Chip is the trainer for you. If you want to gain strength or perhaps train for a triathlon, then Chip is the trainer for you. With his superior “knowledge and nudging”, you will find yourself accepting challenges you did not believe was possible; you will feel your body becoming stronger, and you will accomplish your own personal fitness goals. Training with Chip does not only offer exercise expertise, but also offers a chance for laughter and humor; what a gift! Somehow, laughing your way to a healthier, stronger lifestyle makes the process much more pleasant ☺

I’ve always felt that your health is your true wealth, and Chip goes beyond just saying those words; he is the “medicine person or healer” simply by living his life as a shining example and sharing his wisdom and expertise with anyone desiring to fulfill a fitness goal. There are several goals I’m pursuing and with Chip’s knowledge and guidance, I know that they will come to fruition. I’m very grateful that I was riding my bike on that warm, sunny, peaceful Sunday morning...at a top speed of 12 mph!!!