

## AARON TIPPIN INTRODUCTION

*"I'm No Angel..."*

There was a time in my life when I pushed the envelope—hard. I was a hard-core “honky tonker” during my first marriage and that’s the very reason it ended. ...and that’s when I took a good look in the mirror and decided...“I want to live past 30.”

My own anger and frustrations led me to the gym. I used bodybuilding as an outlet to vent...and then, I fell in love with it. I became addicted. My daily schedule revolved around my workouts and then I began to compete.

*Years ago, when folks would ask me how I stay in shape, I really didn't want to talk about it—I wanted to talk about my music.*

*Today, now that I'm older and have more reasons to want to live longer to spend more time with my family, I realize that the folks asking me those questions, maybe, really did want to know.*

*I've shared my voice through my music and now it's time to share my voice as to how you, too, can live a healthy lifestyle.*

*"Living well, for the time of your life!"*

I trained hard and studied the value of vitamin supplements—anything I could do to enhance my physique. I even “cocktailed” my own natural supplements to meet Aaron Tippin daily value nutritional standards.

When I moved to Nashville and landed my recording contract, physical fitness became even more important to me. Not so much as to enhance my appearance, but, again, as an outlet to release energy.

When you sign a contract and start having hits, your life no longer remains yours; you turn it over to the music industry “powers that be.” That was difficult for me.

So, to “hang on to me,” I went to the gym where I was in complete control, where “I” could affect the results. Although I didn’t realize it at the time, I concentrated on me, to become a better person (friend, husband, father) for others. ...Enter my wife, Thea, and my sons Teddy and Thomas.

My will to “be there” for my family enabled me to cross a number of personal hurdles. I was addicted to tobacco—I gave it up—and nobody loves it more than I do. Being a full-fledged southern boy, I love all of that southern fried food. Thea taught me how to change and improve my diet and eating habits. The boys, well, they keep me fit as a natural course of being their dad!

In the meantime, I’ve maintained the good part of my lifestyle that “worked” for me, my workout regimen and my belief in the value of nutritional supplements.

...and we’ve incorporated what “works” into the Tippin every-day-way-of-life...living well.

For the past 20 years of my music career, folks have asked me how I stay in shape. I just tell them...“my lifestyle...it’s the stuff that works.”

Gold and platinum-selling recording artist, songwriter and producer, Aaron Tippin, is a man who “stands for something” and whose music “speaks” to country music fans across the globe. With 13 recorded CD’s to his name and more than 30 charted singles (including the No. 1 singles *"There Ain't Nothin' Wrong with the Radio," "That's as Close As I'll Get To Loving You"* and *"Kiss This"*), Aaron’s songs are plain and simple--touting the struggles and triumphs of the working class. His patriotism has led him to visit and perform for deployed United States military personnel over the last several years and to the top of the charts with his hits *"You've Got To Stand For Something," "My Blue Angel," "Working Man's Ph.D.,"* and *"Where The Stars And Stripes And the Eagle Fly."*

Aaron is a licensed pilot, an avid hunter, fisherman and bodybuilder. He and Thea own their own winery. He plays nearly 100 shows a year.