

THEA TIPPIN INTRODUCTION

I'm Greek and Greeks love to eat!

Thea Tippin launched her music career as jingle singer; her voice can be heard on a number of regional and national radio commercial spots throughout the country.

Simultaneously, Thea worked for a period of time at Starstruck Entertainment (Reba McEntire's company) in an administrative position. During her tenure at Starstruck, she met a brand new recording artist who had just signed a deal with RCA Records. His name was Aaron Tippin.

Aaron and Thea are now celebrating 14 years of marriage. Thea occasionally sings background vocals for husband, Aaron, on the road and in the studio, and together they wrote the No. 1 country hit "Kiss This."

*Just last year, Thea released her own independent solo CD entitled **MIGHTY GOOD GOD**.*

I learned the importance of nutrition, and paying attention to my body, in high school. I was very athletic, but made poor food choices. That...resulted in a weight problem. When the cheerleading coach told me I didn't make the squad because I needed to lose weight, I was devastated. It made me take a closer look at myself; I didn't like the way I looked, or the way I felt, so I decided to make a change. I cut out the sodas and junk food and ate more fruits and vegetables. I increased my activities and I was amazed by the results. I looked better, my disposition improved, I had more energy and I felt better about myself.

In college, I tried to maintain good eating habits and continue exercising, but it was difficult. (Well, it was college where the main staples were peanut butter and pizza!) I fell off the wagon many a time, but I did my best to pay attention to my body and keep the commitment to "me."

I graduated with a music degree and secured a position at Starstruck Entertainment (Reba McEntire's business offices) where I met Aaron. We had a lot in common—music and fitness. Aaron had just landed his record deal and had been competing as a natural bodybuilder. I had always wanted to learn to lift weights, but...it was intimidating to me. Aaron showed me how to lift weights, starting me off slowly, showing me the proper technique, and eventually I began my own workout regimen lifting three days a week and teaching aerobic classes at the gym.

Aaron and I married in 1995. From day one, fitness and nutrition has been part of our daily routine. We have two boys and with each pregnancy came a new challenge to eat healthy, and then...to lose the weight after the babies were born.

Not to mention, that I'm Greek and I love to eat. But I've learned over the years how to modify recipes so that meals not only taste good, they're good for you!

Today, as the boys grow older (as do we), we try to teach them to make wise food decisions and we stay active as a family. (We got rid of the TV in our living room four years ago and it was the best thing we ever did!) We have a standing date with the kids; when Teddy and Thomas come home from school, we do something active until it's dark--like play basketball, ride the bikes, swim or take a walk with the dogs. It's great, family-fun time. It's what life's all about.

Sometimes...you just have to ask yourself..."am I happy with me?" If the answer is "no," make the commitment to "you" to make a change.