



Wheels Keep Turning, Weight Keeps Dropping

Colby Farmer has been with the HealthPark since it opened 11 years ago. When he was looking for a form of cardiovascular exercise that worked for him, Colby started cycling. In the last 5 years, Colby has gone from 260 pounds to 185 pounds!

This summer Colby completed a 2,800 mile bike trip all the way from California to his home in Philpot. Colby was accompanied and encouraged along the way by his wife Elise.

Back at home, Colby has resumed his favorite HealthPark activities, such as spinning and yoga classes.

“There are several of us who are regulars, and you really come to enjoy the camaraderie the HealthPark offers.”



HealthPark

Owensboro Medical Health System

AUGUST ENROLLMENT OFFER:

Bring in a new or gently used school back pack to be donated to local school children in need and receive **50% off enrollment fees** for Primary and Associate memberships (one-year contract required.)

For more information on the HealthPark, call (270) 688-5433.