

Winning on the Court

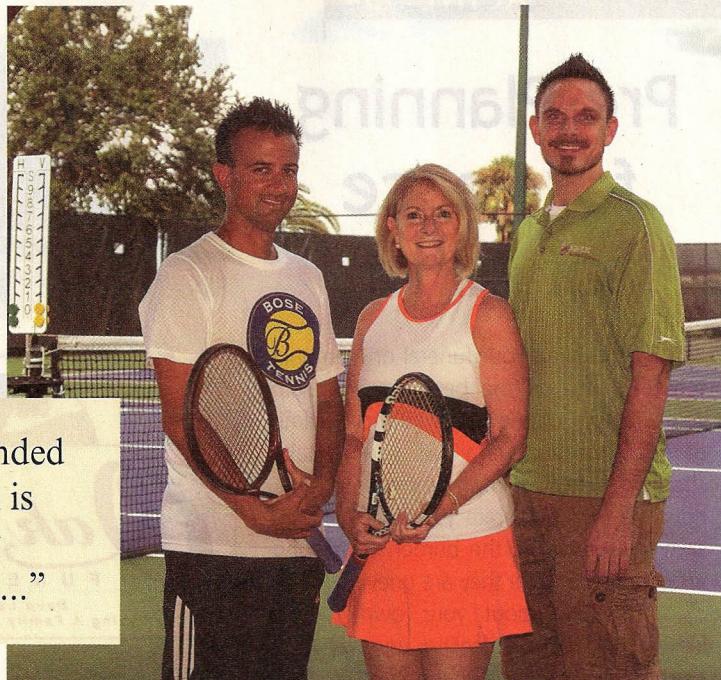
Christine Ingram had played league tennis for years when a slipped disc sidelined her for more than 12 years. Now Christine, Office Manager at Ingram Financial, a wealth-management and insurance firm, is winning on the doubles court with the Polk County Tennis League once again.

"Once I realized that I had a slipped disc, I knew I didn't want to have surgery," said Christine. "I decided to start working with a personal trainer to strengthen the muscles in my upper body."

Just over two years ago, Christine started home training sessions with personal trainer Brandon Roggow, owner of Habitat Health & Fitness in Winter Haven. "I wasn't sure if I would ever be able to play tennis again," she said. "I just wanted to get my neck well. Now that I have not had any pain in more than a year, I wanted to get back out and play tennis. I realized I was a lot stronger and my friends were encouraging me to come out and play. I just decided this summer to take them up on it."

Several things fell into place that made it possible for Christine to get on the court again. "Number one, of course, is Brandon; but also I've got a top-drawer staff at my office," explained Christine. "Because they are so good at their jobs, I can be out of the office without worrying."

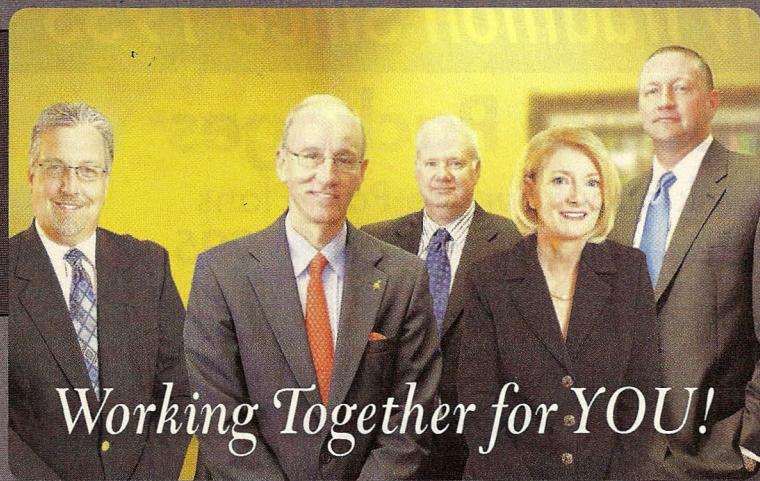
"A well-rounded individual is a happy individual ..."



Alex Bose, Christine Ingram and Brandon Roggow

"I'm getting some great coaching from Alex Bose at Lake Region Yacht and Country Club. I'm enjoying myself again socially and I'm a lot more physically active."

Christine has always stressed to her employees that she wants them to have full lives outside the office. "A well-rounded individual is a happy individual. I think that's important for everybody." ♦



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