



Brian Campkin

In 2007, Brian was diagnosed with three blocked arteries and had to undergo a life-saving triple bypass surgery. Since then he has been committed to Make Health Last by getting fit and setting fitness goals, which included losing 20 pounds, changing his diet, and taking part in marathon walks and runs. Today, Brian's health is better than ever. His positive attitude coupled with information provided by the Heart and Stroke Foundation helped him, "achieve a miraculous recovery, as well as my dream of walking my daughter down the aisle at her wedding this past November."