



Vitruvian Health

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At 80, Bradley Wellness Center member deadlifts 300 pounds

DALTON, Ga. (January 12, 2026) – Terry Dedmon, an 80-year-old member of Bradley Wellness Center (BWC), can deadlift 300 pounds.

“I’ve always believed that if you don’t exercise, if you don’t move, if you just sit down and don’t exercise, then your body won’t work anymore,” said Dedmon, a Dalton resident who retired from the floorcovering industry as a former carpet mill owner.

Dedmon is a living testament to the claim that strength and stamina don’t automatically disappear with age. Instead, they require movement and support across a lifespan. Dedmon exercises five days a week and spends around three hours a day, including breaks, at BWC. He also works with a certified trainer who helps him achieve his goals while avoiding injury.

Open seven days a week, BWC (part of Hamilton and Vitruvian Health) is home to more than 3,500 members. BWC is a comprehensive fitness facility on the Hamilton campus in Dalton, Ga., that features a 25-meter indoor pool, indoor and outdoor tracks, weight and cardiovascular machines, group fitness studios and more than 75 classes a week — the mix Dedmon uses to train for both strength and distance.

Dedmon first began working out at age 14. When work grew busy, he transitioned to walking. A four-mile stretch on Walnut Avenue, Tibbs Road and College Drive that locals call “the loop” became a daily favorite. When he retired at age 63, he decided to get back in the gym.

“I heard a couple of people talking about Bradley Wellness Center, so I decided to try it out,” he said. “I’ve been here for 17 years now.”

Dedmon said the wide age range of members makes him feel he fits in, and that the welcoming staff and shared routines have helped turn workouts into friendships.

A competitive runner, Dedmon participates in the Bill Gregory Classic in May as well as a race in Chickamauga. He enjoys the friendly atmosphere and getting to share similar interests with people.

He works out his upper body three days a week and his lower body two days a week. Three days a week, he runs one to three miles on the upstairs track. Two days a week, he works out in the group spin class.

“I’ve been doing the spin class for three years now,” he said. “I don’t ever miss. In fact, of the 17 years that I’ve worked out at Bradley Wellness Center, I missed two weeks when I moved, and then I missed two weeks with COVID. Other than that, I never miss.”

When Dedmon set a goal of deadlifting 300 pounds, he worked with the same trainer who helped him prepare for his road races. Session after session, the trainer held him back until he felt he was ready. His achievement was captured on video and was one of Dedmon’s proudest fitness moments.

“They’re not going to let you hurt yourself,” he said. “But they’ll ask you to do a little bit more than you normally would. If you go in and do the same thing every week, it’s hard to improve. With a personal trainer, you come in and do different things, and they push you to put a little more weight on the machines or whatever you’re doing.”

Dedmon said he appreciates that the equipment is varied, modern, in good condition and always clean. He also appreciates that BWC hasn’t pushed him toward adding services he has no interest in. The personal trainer, he said, was his decision, not something that was pushed on him.

In 2026, Dedmon’s goals are to deadlift 325 pounds and add at least one more road race to his calendar. As for his health, Dedmon has good numbers at all his physical checkups. Dedmon said he has always been self-motivated. That’s helped him be successful. Instead of making excuses, he makes plans.

“My doctor loves me,” he added. “I don’t come to him complaining about this or that hurting. The only conversations we have are what I lifted or what I ran.”

For Dedmon, staying active isn’t about defying age so much as having the right place, support and consistency to build the life he wants.

For more information about BWC, call 706-278-9355 or visit bradleywell.com.

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Photo: Terry Dedmon

About Bradley Wellness Center

Bradley Wellness Center (BWC) is a comprehensive fitness and wellness facility designed to support every level of fitness – from beginners to advanced athletes. BWC offers a wide range of exercise options and wellness amenities – all under one roof – including extensive cardio equipment, strength-training machines, Free weights, power racks, and functional training areas. BWC’s Group Fitness Studio offers cardio classes, such as HITT, Zumba, Power, and Step. The Cycle Studio offers several levels of cycling classes. The Mind and Body Studio is designed for Yoga and Barre enthusiasts, with many different class options available. Other fitness options include an indoor arena for full court basketball, indoor and outdoor walking and jogging tracks, racquetball courts, tennis courts, and indoor and outdoor pickleball courts. BWC’s 25-meter indoor pool offers lanes open for swimming during all operation hours along with aquatics classes. Sauna and steam rooms are available for member use in each locker room. Childcare is included for children ages 6 months to 11 years for members. Other BWC offerings include nutrition and personal training. Acupuncture and massage therapy are available for purchase by members and non-members.

About Vitruvian Health

Vitruvian Health, formerly Hamilton Health Care System, is a not-for-profit, fully integrated health system serving the Northwest Georgia and Southeast Tennessee regions. Vitruvian includes Hamilton Medical Center in Dalton, Ga., and Bradley Medical Center in Cleveland, Tenn., affiliated physician practices, walk-in care centers, retirement and skilled nursing centers, a diagnostic center, a cancer institute, an institute for children with developmental delays, and more. Known for its advanced care and personalized service, Vitruvian Health offers innovative treatment options in state-of-the-art facilities while maintaining a compassionate, friendly and tranquil healing environment.

The Vitruvian name draws from the organization’s recognizable da Vinci-inspired Vitruvian Man icon, which has been a prominent part of Hamilton’s logo since 1976. Da Vinci’s Vitruvian Man represents harmony, balance, and the interconnectedness of all aspects of health, perfectly aligning with Hamilton’s integrated system of care.