

Tara's Bootcamp Going Strong After Five Years

Submitted by "The Loyal Fans of Tara's Bootcamp"

Five years ago, Tara Zimliki of Branchburg kicked off Tara's Bootcamp and has been encouraging local residents to get fit ever since.

The first camp, in May of 2009, was held in Branchburg's White Oak Park. Even today from May through October, visitors to White Oak in the early morning or evening might stumble upon a group of dedicated locals breaking a sweat under Tara's direction. From November through April, Tara's Bootcamp escapes the cold by moving indoors to the Branchburg Sports Complex.

Over the past five years, Tara has built a loyal following of dedicated campers. She motivates her clients to maintain a positive attitude and never give up in pursuit of their life's goals. Her enthusiasm for life and fitness is contagious. After joining, many campers have said that Tara's Bootcamp is addictive and fun. Her never-ending encouragement and support are essential in helping campers stay on track to reach their fitness and weight loss goals. Tara makes herself available to campers virtually 24 hours a day to answer questions about fitness, nutrition or provide some encouragement. In addition to exercise, bootcamp provides participants an opportunity to meet other locals. Many campers have developed new friendships as we encourage and support each other in meeting new fitness challenges.



Photo of some of Tara's bootcampers taken Aug. 6, 2013, before Branchburg National Night Out 5k Run in White Oak Park.

Tara's Bootcamp is a family affair. Tara's mom, Fran, is head of the new camper welcoming committee, weigh-in official, and dj extraordinaire. Tara's husband, Brian, serves as the occasional substitute instructor (as Tara texts the workouts to him). Though, Brian rarely gets the chance to substitute. Tara is so dedicated to bootcamp that she led camps throughout her last pregnancy including two sessions on the morning she gave birth to her son, Brent. We can't forget to mention Tara's two daughters, Ava and Ella, who make cameo appearances as assistant instructors.

Tara, a Certified Personal Trainer, currently offers five bootcamp sessions. Four one-hour sessions are held three times a week on

Monday, Wednesday, and Friday at 6am, 7am, 5:30pm, and 6:30pm. The fifth session is offered on Tuesday and Thursday at 10am. Log on to tarasbootcamp.com for more information on Tara's Bootcamp. In addition to providing fitness instruction, Tara is a prolific author, writing on subjects ranging from nutrition, fitness, motivation, and well-being to family and motherhood. Many of Tara's articles, as well as some delicious recipes, can be found on her blog at funfitmama.com.

Congratulations, Tara, on five successful years of Tara's Bootcamp. Thank you for leading us to healthier living and encouraging us to become the best we can be.