



# Dad of *Divas*

One Dad's Quest to Regain Control of his Kingdom

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## A Workout in the Park!

Playgrounds are not just for kids, but also for those that are a "kid at heart." Make the most of a calorie burn by having fun with the kids and getting a workout in! Your children will get a benefit by having fun with mom or dad and also by promoting to them that being fit is fun.

**Tara Zimliki, founder of Tara's Bootcamp**, is no stranger to getting the whole family involved in her workouts. As a mom of two young daughters, she has perfected the art of making "fitness into funtime" with her children. Below are some of her favorite tips for those looking to maximize their time at the playground:

### Simple Exercises for the Playground

- **Use the Monkey Bars** for chin ups or pull-ups, which will effectively tone your triceps, biceps, core and back
- **The Swingset** is a perfect tool to use for stability and core exercises. Try a one-leg squat with one foot in the seat of the swing. Target your abs by sitting on the swing and leaning back about 45 degrees. Hold your legs straight out in front of you and cross them over one another in a "scissor" motion
- **Park Benches are not just for sitting!** Target your shoulders and triceps with a bench dip. Place your hands on the edge of the bench seat and your feet angled in front of you. Lower yourself off the bench with your hands until your elbows are at about a 90-degree angle, and lift back up
- **Become a Jungle-Gym Jock.** While your kids play on the jungle gym, use it to strengthen your arms with a standing push-up. The father back you stand from the gym, the harder the push-ups become

### How to Turn Your Stroller Into a Personal Gym

- **Lunges and Squats** are made more fun for kids by using their strollers for support or added resistance
- **Running with a Stroller** is no picnic, but Tara suggests ramping up your workout with intervals to make your routine go from boring to exciting for your kids

### About Tara Zimliki

Tara is a Certified Personal Trainer through The American Council on Exercise (ACE), and a Boot Camp Instructor. She has competed and trained with top athletes at the University of South Carolina where she was awarded a full cross-country scholarship. Tara has a B.A. from Rutgers University and specializes in fat loss and nutrition. She is passionate about helping people change both body and mind, believing positive results stem from positive attitudes. She helps clients maintain this attitude with fun, challenging and rewarding workouts.

Tara's love of fitness started as a child when she began running at the young age of 7. She played numerous sports but running was her passion. Tara enjoyed it so much that she continued running right up until she had children, completing the New York Marathon 8 months pregnant and even ran 1 mile the day she gave birth to her first daughter and 3 miles the day she gave birth to her second daughter. Tara has completed 15 Marathons and hundreds of races worldwide. In addition, she has won many 5Ks and placed top in many long distance runs. In 2008, Tara placed in the top 500 women for the NYC Marathon. Recently, she won the USATF New Balance Long Distance Grand Prix for women 34 & under for the 4<sup>th</sup> consecutive year. Tara's practices what she preaches in all aspects of fitness and health and for this reason she is a trusted trainer that produces results. For more information, please visit [www.tarasbootcamp.com](http://www.tarasbootcamp.com)