

Local Fitness Expert Featured in Prevention's New Book



Tara Zimliki, owner of Tara's Bootcamp in Branchburg and Flemington was featured in Prevention's 2011 book, *The List Maker's Get-Healthy Guide*. Tara's ten minute workout is featured in this book for those that lead busy lives. Her belief is that we should all make fitness and health a priority to lead a life of happiness.

Tara has changed hundreds of lives in the local area through weight loss, toning and leading a healthier live. She is passionate about helping people change both body and mind, believing positive weight loss results stem from positive attitudes.

Tara has completed 16 Marathons & 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 and in 2010 placed in the top 5% for women. She has also been featured on FOX television, NJ Monthly and In Touch Magazine. Tara 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 visit www.tarasbootcamp.com