

## Finding Your Inner Athlete

February 23, 2011



By Tara Zimliki, CPT

Growing up, fitness was always on my mind, so I was different than most kids. Instead of playing video games or watching a movie after school, I was training all my friends and teaching them the right way to eat. I was a big hit with the other girls when we were in high school.

In high school, I ran track and joined the cross-country team and got up at 4 a.m. to practice in an effort to improve my race times. This hard work and dedication paid off with a full scholarship at the University of Southern California. In college I hung out with athletes, studied with athletes—I was surrounded by athletics. I was truly born to be a fitness expert and weight loss specialist. This is my passion and there is nothing greater than seeing people change their lives and get great results! In my spare time I work out, and I'd much rather go for a run than sit around and watch TV. Working out is my retreat. It's my meditation. And my husband and children are happy to support my love of fitness. In fact, it's helped my children be more active and healthier. Yesterday, my 4-year-old daughter, Ella, told me she knows she will be a trainer one day, because she wished upon a star for it. Ella had seen my passion and drive for what I do and this has motivated her, even at such a young age.

Now, you're probably wondering, how does this relate to you? You all have that inner athlete within you. You may not even know it, but it is there, you just have to find a way to tap into it.

Many people, once they join the right fitness program, discover a competitive nature they never knew they had. There is no greater feeling than competing against yourself and getting stronger and faster and seeing greater results on the scale and your waistline. When you feel like a workout is grueling but you push yourself to finish strong you are reaching that inner athlete.

You are all winners, and it does not take winning a medal to see this. You are all special and unique, with a desire to succeed, so bring the very best you each day. Start each day off right with a healthy breakfast and unleash your inner athlete.

Losing weight and keeping it off is actually simple once we change the way we think, and thinking like an athlete is the way to do it. Eat like an athlete by avoiding processed foods, combining protein and complex carbs, and eating plenty of greens and whole grains. If you can, add an extra day or two to your fitness routine. There is no magic pill or quick fix to get lean and toned, but there is a way to stay healthy for life and that is to live life clean and reach that inner athlete. I know it is within each and every one of you!