



Breakaway Athletic Development Founder Kevin Barcal welcomes Tony Bruno to his team.

Wake Up Your Muscles

BREAKAWAY INTRODUCES NEW STAFF AND SERVICES FOR YOUR HEALTH GOALS AND WEIGHT LOSS SUCCESS

KEVIN BARCAL RECENTLY WELCOMED Tony Bruno to his Breakaway Athletic Development team in Lake Barrington. Now working as Tony Bruno, Inc. (TBI), Bruno has been in the Barrington area for 25 years as a personal trainer. Bruno's passion for helping others paved the way to becoming one of the Barrington areas premier health and fitness leaders. His expertise is in combining the art of exercise prescription and program design with the science of musculoskeletal assessment and functional nutrition. What this means for the customer is a precise method of finding the best exercise and food to obtain client's goals, regardless of their

genetics, condition, or diagnosed issues.

TBI starts all treatments with an assessment, "If you are not assessing, then you are guessing." To explain how TBI can make a difference, here are case studies of two Barrington women.

CUSTOMER #1

A female in her mid-50s, an exerciser, had more than one achy, painful joint. She had seen doctors, chiropractors, and physical therapists for these issues, with little to no relief. Session one begins with an evaluation of the muscle nerve connection via comparative range of motion assessments. Bruno looks for weak muscles using muscle tests,

then "wakes up" the weak muscles through a manual technique called activation. Results are usually felt and seen immediately, and simple home exercises are given at the end of the second session to extend the benefits of the treatment.

The home exercises are very easy and empower her to take control of how she feels. She claims she has not felt this good in years. One to two small adjustments are made to her present workout routine and we now have another testimonial. In the future, TBI would work with her to find simple "positions of relief" to be used if and when something sparks a relapse.



Tony Bruno uses muscle testing to find weak or inhibited muscles. Those muscles are then “woken up” or turned-on using different techniques and exercises. Here, he works with Monica Barron, the owner and coach of Heal-thy, Holistic Health & Wellness Coaching.

CUSTOMER #2

A female in her late 40s, with thyroid issues, is on medication, but still not able to lose weight and still has low energy. TBI runs a Bio Impedance Analysis, as well as a Bio Signature Test. Her intracellular water is low (dehydration), her Bio Signature test shows an Insulin Dominance (she carries her weight in her mid-section), and her blood work showed elevated insulin, elevated blood sugar, and discrepancies in her thyroid markers including antibodies (possible food allergies or digestive issues).

Working with her physician, as well as the medical liaison at our partner lab, she is put on a supplement to increase digestion of proteins, another supplement to make sure her thyroid has the minerals it needs to work and takes a medical food supplement for breakfast daily. She takes a picture of everything she eats which makes her conscious of her food choices and she soon realizes that some minor changes create visible weight loss. Simple, new, good habits replace old, bad habits.

In a few days she feels an increase in energy and in a few weeks, she has the first measureable weight loss she has had in years. In the future, TBI would run a test called NutrEval to find exactly which vitamins and minerals are deficient, then provide recommendations for filling the deficiencies.



WEIGHT LOSS SUCCESSES

Here are a few testimonials from some recent Weight Loss Solutions customers. “Even better than losing weight and inches to date, my parents don’t hear me breathing anymore at night and or in the morning and I feel like it’s easier to breathe.”

“I heard from many friends that “Bruno is good” so my expectations were fairly high. I can tell you the results I’ve seen to date have far exceeded my expectations. After only 11 days on the TBI program I experienced a 3.2% loss of body fat and a 20.9% reduction of skin fold measurements while maintaining lean mass. I’m eating healthy,

HERE ARE A FEW RECENT TESTIMONIALS FROM TBI’S INJURY SOLUTIONS CUSTOMERS:

“I can’t remember the last time I didn’t feel the tightness on the left side of my lower back. I have to say I am impressed and very encouraged.”

“Yay, I can wear pretty shoes again! Thank you TBI, you are awesome, your magic got rid of my foot pain and tight calf muscle.”

my energy level is way up, I feel better than I’ve felt in years and no I’m not starving myself. Again, thanks for introducing me to what I see as a life changing program.”

Bruno has made it his life’s work to find answers to the most complex health, weight loss, and injury issues. He believes there are always answers and ways to help regardless of the diagnosis or the number of techniques you’ve tried in the past. If you want to look better, feel better and play better, then train smarter—not harder—with TBI. He can be contacted at 847-630-2729. 