



Olivia Allen (left) and Tara Grundy of Breakaway Athletic Development

Calling All Moms!

BACK TO SCHOOL, BACK TO THE GYM

IT'S BACK-TO-SCHOOL TIME, which means “back to the gym” for moms who have let their exercise regimen fall through the cracks during the summer. At Breakaway Athletic Development, moms tell me that fall is one of the best times to get back into their fitness and eating routines. The kids are back into a regular schedule with school, and their hectic “mom” schedules open up with a little more regularity to create pockets of time to get to the gym. (And don't worry, dads and athletes, you're always welcome at the gym, too, but in this column, I'm talking with moms.)

So, if you've been out of your fitness routine all summer, how do you jump-start things to meet your goals? If you have a gym membership, that's a great place to start. But to get the results you're looking for this fall, a trainer can help you maximize the investment you're putting into your workouts by helping you work out for your body type, eating habits, and personal metabolism.

Many women tell me they shy away from enlisting a personal trainer because they believe it's too expensive, or the trainer will “kill” them. But that's not the case. Often you can find trainers who will


work on the buddy system, meaning that you and a friend can train together or even in a larger group, splitting the cost between you. And personal trainers are there to make sure you're doing the workout that's right for you—not too hard, not too light.

Finding the right trainer isn't always easy, especially if you're a woman. Many women just simply prefer to work with women trainers. They find that women trainers understand a woman's body better. And while I've trained many women myself, often, women feel more comfortable discussing their bodies, their eating habits, and their workouts with another woman who's “been there”.

At Breakaway Athletic Development, we have two male trainers and two female trainers on our staff. We train dozens of high school athletes every year, but we also train women of all ages who are looking to get fit.

Tara Grundy is a Certified Personal Trainer who has helped numerous female Breakaway clients lose weight and get more fit. Olivia Allen is also a Certified Personal Trainer who often works with athletes, but also works with women of all ages, helping them achieve maximum fitness.

Both are former athletes (Tara played volleyball and Olivia played basketball) and both are former Breakaway clients themselves, having worked with me during their high school and college athletic careers. Both have extensive experience in nutrition and fitness regimens to help women lose weight and achieve their maximum potential.

If you're looking to get back into your routine and take your workouts to the next level this fall, do your research and find the right trainer that's right for you. Your body, mind, and spirit will thank you for it. 



Kevin Barcal is the founder and owner of Breakaway Athletic Development at 28039 W. Commercial Ave. in Lake Barrington. His clientele includes dozens of high school

and college athletes from Barrington High School and surrounding communities, including the 2017 State Champion Barrington Fillies Girls' Soccer Team. He also trains women and men of all ages. Call 847-452-9720 for more information.