

Tara Judge

Introduction:

My lifestyle has always been an active one. I swam competitively for a decade while tackling various forms of studio dance. After running Track & Field in college, I was bitten by the triathlon bug and continue to race sporadically while raising my family. While I enjoy the competition that sports has to offer, I see the benefits of exercise combined with good nutrition as solid pillars of a healthy lifestyle.



Qualifications:

- National Academy of Sports Medicine (NASM) Certified Personal Trainer
- Certified in CPR/AED
- Certified Cycling Instructor
- BS, Spanish language and literature with a minor in International Studies, University of Dallas

Experience:

I have over 8 years of experience as a Personal Trainer and have taught indoor cycling for 13 years. My clients have fallen everywhere along the spectrum – competitive athletes looking to get stronger to postpartum women desiring to get back in shape to older persons wanting to ward off injury while strengthening their musculoskeletal system.

Specialties:

I enjoy the variety that comes with being a personal trainer. Meeting with clients and learning where their strengths and weaknesses lie is wonderfully enriching and critical in devising a program tailored to meet their needs. My goal is always to improve upon their strengths while strengthening their weaknesses so their overall functional fitness improves. In devising each client's program, I combine strength, agility, balance, core conditioning and cardio specific to that individual.