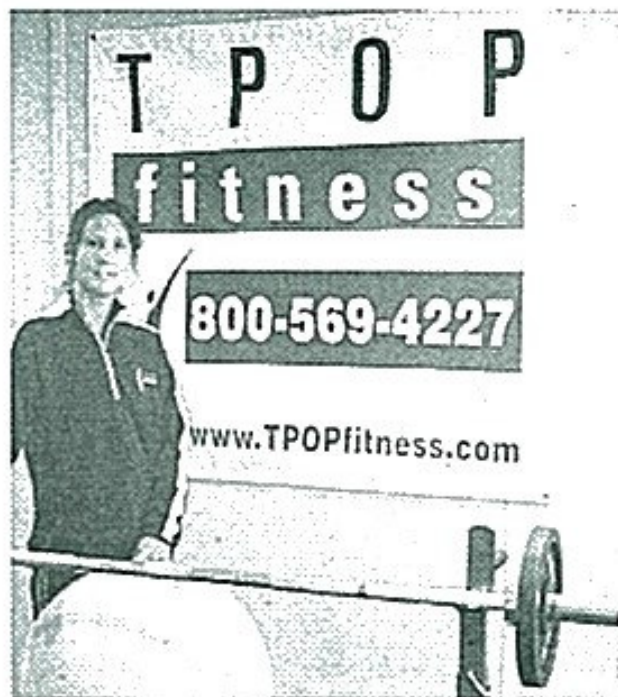


## Making fitness a fun activity



Submitted Photo

Tammy Popchock makes exercise a fun part of everyone's lifestyle with her 2-year-old business, TPOP Fitness in White Lake.

### TPOP Fitness

(800) 569-4227 • [www.tpopfitness.com](http://www.tpopfitness.com)

Tammy Popchock of TPOP Fitness in White Lake shows by example how easy it is to live a healthy lifestyle through exercise, if it is presented in an enjoyable, motivating way.

As a certified personal trainer through the American Council on Exercise, Tammy trains clients in her home's lower level studio or with group classes at local parks in Waterford and White Lake from April through October.

She leads by motivation, sharing with her clients the joy of feeling fit for everyday life.

"I like to focus on core strength so that people can function more effectively in their daily lives," says Tammy.

Through TPOP Fitness, Tammy provides personal training services on a one-on-one basis or "buddy system," as well as a series of group classes, from Yoga Flow to Fitness Boot Camp.

"I love showing people how to train outdoors in a social, non-competitive setting," explains Tammy, regarding her Boot Camp series. "It's a lot of fun and we use equipment that's available

for training, such as a park bench, buildings for wall-sits, etc."

In addition to being a shortened version of Tammy Popchock's name, TPOP also stands for Training People on Physical Fitness — the goal of her business.

"I earned my exercise science degree from Oakland Community College," says Tammy, "as well as a business degree from Detroit College of Business. This is a great way for me to incorporate both skills into a profession I love."

While Tammy advocates a healthy lifestyle for her clients through exercise and good nutrition, she doesn't give diet plans as part of the TPOP program.

"I don't believe that personal trainers should prescribe diet plans, unless they are also a registered dietician," says Tammy. "You need to work with a professional in that area."

Contact Tammy at (800) 569-4227 or [tammy@tpopfitness.com](mailto:tammy@tpopfitness.com).

— By Sally Rummel