

# BALDWIN PARK LIVING

August 2015

## COMFORT FOOD

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P40

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BACK TO SCHOOL GUIDE

P26

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# Inside

## FEATURES

**12** Taking a bite out of crime  
Dog walkers help hound criminals

**26** Back to school guide  
Helpful tips to ease the transition

**28** Find your inner athlete  
Gym helps you work out the kinks



## DEPARTMENTS

**6** Community Happenings

**12** Spotlight

**14** Calendar

**18** Culture For Your Calendar

**25** It's Your Business

**28** Healthy Living

**33** Senior Living

**37** Dining Guide

**48** Park Pix







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Garrick is a writer, photographer, educator and fine-arts curator. Read his column on page 18 to get a sneak peek of all the best events happening in August. Contact him at [joshgarrick9@gmail.com](mailto:joshgarrick9@gmail.com)



## Denny O'Neil

This month, on page 10, Residential Owners Association President Denny O'Neil gives you history lesson dating back to the Civil War. Contact him at [doneil2@cfl.rr.com](mailto:doneil2@cfl.rr.com)



## Christina Rordam

In her column this month, Rordam, an Orlando Realtor, offers tips and tricks to make moving as emotionally painless as possible. Contact her at 407-928-8294 or [ChristinaSellsOrlando.com](mailto:ChristinaSellsOrlando.com)

Cover photo by Sarah Wilson

## SHOW US YOUR STUFF

GOT A GOOD STORY OR NEWSWORTHY neighbor? Know of an outstanding artist or business worth bragging about in Baldwin Park? We want to hear from you! *Baldwin Park Living* is always looking for new ways to showcase the best of Baldwin Park. Please email ideas and photos to [swilson@turnstilemediagroup.com](mailto:swilson@turnstilemediagroup.com)

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By Sarah Wilson //

## Finding your inner athlete

### Local gym offers full spectrum of services



Trainers work with clients one-on-one at Spectrum Sports Performance. Photo by Sarah Wilson

**A**thletes come in all shapes, ages and sizes, says Spectrum Sports Performance cofounder Dan Schuck. Whether you've run 10 marathons or haven't worked out in 10 years, inside of you is an athlete ready to cross the finish line to fitness.

"Whether you're training to make a team, or are in college and want to stay healthy, or if you want to be able to play with your kids and keep up with them ... commit to maximizing your full potential," Schuck said.

That's what he and his staff of

certified personal trainers have worked with clients to do for the past decade at Spectrum.

"We ask our clients, 'What's the best you can be?' and then help them be that," Schuck said.

After working out of different locations in the Winter Park area for nearly a decade, Spectrum relocated to its new, much larger space just outside of Baldwin Park in April.

"It was an exciting opportunity to essentially be in Baldwin Park, and be a part of that vibrant, growing, active community," Schuck said. "... We're excited to

see how we can add to it."

Spectrum's new space features 14,000 square feet of training space split between a more traditional training area with weights and spin bikes, a section of open fake-turf, and a small basketball court area minus the hoops.

Schuck said while Spectrum started with a focus on training advanced level athletes, they now have the space to offer services for everyone from age 8 to 80.

"We work with all levels whether you're coming off an injury, trying to get healthy or looking to excel in a certain aspect," Schuck said.

If it's been a while since you've hit the gym, a Spectrum trainer will test your limits to see how far to push. Stretching is step one, followed by some cringe-worthy, but worthwhile foam rolling to release years of built up tension in muscles often left unattended when gym sessions lapse. You will squat, stretch and sweat until your personal 50-minute session is up. Forty-eight hours later, just when the soreness starts to kick in, it's time for round two. Now you're ready to repeat this process until it's routine; your transformation from "potential athlete" to "athlete" complete.

In addition to their traditional individualized training services, Spectrum's new location also provides space for the gym to host walk-in yoga and boot-camp style classes.

The new space also helps Spectrum expand its ongoing training





relationships with local schools and universities, including Rollins College and Trinity Preparatory School. Spectrum partners with local teams of athletes to train them in proper fitness techniques to help them excel at their craft.

"If I can teach the fundamentals at an early age ... it will set them up for the rest of their athletic career rather than them coming in at 18 and having to undo years of mis-training," Schuck said.

Whether you're starting young or old, Schuck said it's never too late to reach your full potential.

"Our goal," he said, "is to help maximize performance in both sport and life." \*

**INFO:** Spectrum is located at 4257 Daubert St. in Orlando, just outside of Baldwin Park. First-time clients can receive their first training and consultation session for free. Visit [spectrumsp.com](http://spectrumsp.com) for more information.

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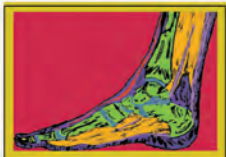
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