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Tiffany Twardowsky, Energy in Motion LLC, combines fitness with animal welfare



Susan Stokes

New JerseyAnimal Rescue Examiner

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Tiffany Twardowsky and her two best friends. Photo credit: Energy in Motion LLC

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Every now and then you meet a person who exudes passion as they go about their daily business. They seem to work a little harder and give a little more than the average person. They simply "stand out from the crowd."

That is the impression that Tiffany Twardowsky, MS RYT ACE-CPT, leaves with her clients, her students and the [animal rescue](#) volunteers she works with.

Tiffany Twardowsky has been in the health and wellness industry for over twenty years designing exercise programs, conducting wellness seminars and health promotion programs, and teaching group exercise classes. She accomplishes her goals through her business entity, [Energy in Motion LLC](#).

"I started with another company back in 1996 but changed the name to 'Energy in Motion LLC' in 2003," said Twardowsky. "My focus with Energy in Motion is offering fitness services to corporate clients and organizations that don't have the space or resources for a big fitness center, but still want to offer an affordable and convenient exercise program for their employees. The video on the website explains the program and benefits to both the employer and the employee. We tailor whatever type of program the client is looking for to meet the needs of the group."

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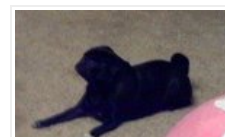
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Twardowsky is also passionate about animals and [animal welfare](#) causes, being the proud owner of two rescue [dogs](#).

"I started Energy in Motion because I love to teach group exercise classes. It was my love of teaching that made the company what it is today," said Twardowsky. "I wanted to combine my passions for fitness and animal welfare to create an event to help animals in need."

Twardowsky discussed the idea with two other yoga teachers who also had adopted rescue pets, and the idea for the "[Happy Tails Yoga](#)" fundraiser was born.

Tiffany made contact with the New Jersey SPCA, and arrangements were made for all proceeds to be donated to their cause. The first event was launched in 2008.

"In 2011, the event raised over \$2,200 for the NJSPCA," said Tiffany. "We hope to raise even more money in 2012 by adding Zumba classes to the yoga class schedule. We also extended the opportunity for teachers to schedule classes throughout the entire year, thus allowing even more opportunity to raise funds for the NJSPCA."

In addition, Energy in Motion will be raising money for and participating in the NJSPCA "[Pins 4 Paws Bowl-a-Thon](#)" on June 23.

Energy in Motion will also be volunteering their time to NJSPCA to assist at their table at the June 23 "[Cupcakefest 2012](#)." An Energy in Motion gift basket of dog supplies will be donated for the raffles.

[Energy in Motion, LLC](#) can be reached at PO Box 53, Rockaway, NJ 07866 Telephone: 973- 983-9554 Email: info@einmotion.com

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Print Report



Susan Stokes, New Jersey Animal Rescue Examiner

Susan Stokes built her career in the publishing and trade show industries. Through her love of animals and concern for their welfare, she became an active volunteer for SAVE, A Friend to Homeless Animals in Princeton and currently manages her own website to house her pet blog and help extend the...

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