



Photo by Kate Mackley

## Getting Tough as a Boot

Posted July 18, 2007, 6:00 p.m. by Lydia Dickson

**For participants in Dallas Military Fitness, a night at the park is no evening stroll. Instead this group goes through rounds of military-style calisthenics, sprints and drills.**

Most people who want to get into shape might lack the willpower to endure such a workout, but drill instructor Vaughn Miller cajoles, pushes and encourages his charges to complete the program.

The group works through a 60-minute routine with count-offs for every exercise similar to a military cadence. Miller leads the group through a series of moves for legs, arms, abs and other muscles a couch potato takes for granted.

"Every aspect is styled after the military — what the best-of-the best, Army Rangers, Navy Seals and other Special Forces — does to stay in shape," Miller said.

Miller, a certified Cooper Institute Personal Trainer, founded Dallas Military Fitness. The firm is part of an evolution of boot camps at White Rock Lake during the last decade. The goal of the boot camp workout format is to "bring military-style fitness to the masses," Miller said.

Originally Miller became involved as a participant and eventually an instructor in Chuck Howard's B.O.D.Y. Boot Camp. After Howard retired, Miller updated the program in a few areas and established Dallas Military Fitness in 2004. He regularly gets assistance in leading classes from former military personnel.

Dallas Military Fitness meets at White Rock Lake four times a week, two evenings during the week and both weekend mornings. Exercising outdoors is a bonus to many people. Their location at Winfrey Point also offers one of the best views of the city from White Rock Lake. Participants join on a monthly basis for a set fee but without any obligatory long-term contract. After joining Dallas Military Fitness, participants can take part in as many classes a week as they

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Vaughn Miller is the founder and lead instructor of Dallas Military Fitness.

chose.

The group typically remains at a relatively small number of between 10 and 20 participants. This helps everyone have the feeling of personal training without the cost of a personal trainer. The specialized attention of small classes also helps make Dallas Military Fitness engaging and challenging.

Although most people know the importance of physical fitness, staying active and dedicated often presents a struggle for some individuals. Miller sees this as a major hurdle Dallas Military Fitness can help individuals overcome.

"Physical fitness is easier said than done," he said. "Retention is the hardest part, so I strive to make every class different and to keep it more exciting than a normal gym workout. We make this program fun so everyone enjoys it and keeps returning."

Sir, yes sir.

For more information, visit [www.dallasmilitaryfitness.com](http://www.dallasmilitaryfitness.com). ■



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