



Soulful Sunday: Emily Hutchins of OYM Coaching and Training

by [Rebecca Taras](#)

August 16, 2015

Soulful Sunday is a weekly dose of inspiration from busy Chicago women who still manage to stay balanced no matter what their career—or life—throws their way.

Soul Sister: Emily Hutchins from [On Your Mark Coaching + Training](#).

With a background in Exercise Science; the honor of serving as a Nike master trainer, run coach, and spokesperson; and a dozen certifications under her belt, Hutchins is constantly pushing herself—and her clients—to achieve the next best level of fitness. The rock-solid rock star behind one of Chicago's hottest top independent gyms has been in the industry for more than 15 years, but she's already achieved a lifetime's worth of accomplishments.

How she unwinds:

"To decompress after a long week or day, I love taking my dog, Jack, to the Montrose dog beach or for a long walk along the lake. Every once in awhile, I'll indulge in some Cheetos, too! I fully believe that you need to take time for yourself every day to relax and balance your life—not just on your day off."

Balance tip:

"Since I'm always busy working at OYM or traveling, I make it a priority to call friends or family at least twice a week. It's important to connect with the ones you love either face-to-face or voice-to-voice—not via text."