

“Working Mothers Doing It All & Living a Healthy Lifestyle”

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Mothers are the heart of the home and working mothers are doing it all. Doing it all consist of preparing meals, planning date nights and play dates, checking homework and attending recitals all while having high power jobs, serving in ministries, community organizations and more. Working mothers are truly superwomen to husbands, girlfriends, and colleagues, as well as, super heroes to their children. However, the truth of the matter is, working mothers maintaining such a hectic life may eventually burn out. One of the most proven ways for working mothers to prevent burn out is to commit to an individualized and realistic exercise plan and healthy eating.

Your individualized exercise plan and healthy eating does not have to consist of expensive gym memberships and personal training sessions. Certainly you will not have to go on a diet because diets don't WORK! I have been blessed to teach a group of working mothers indoor cycling every Friday at 6:00am. These working mothers have realized that mom matters too and when by making a deposit into themselves and committing to exercise and healthy eating they are more equipped to serve their husbands, children, colleagues, family, and friends.

Your schedule might not allow you to take a 6:00am cycling class and after all you may hate the gym. That's okay because there are many options for working mothers who desire to live a healthy life.

Healthy Eating & Exercise Tips for Working Mothers:

- **Water, Water, Water!!!!** We all know that water does the body good. However, one 8oz glass of water can jump start your metabolism and positively influence weight loss and management. Place a cup of water or 8oz bottle of water on your night stand before going to bed. As you get out of bed, begin to take sips of the water prior to drinking your morning cup of coffee.
- **Breakfast-the most important meal of the day!!!** Working mothers don't let their children leave home without a meal and yet moms don't have time to eat breakfast themselves. A quick solution is to purchase protein bars when doing your grocery shopping and stick a protein bar in your purse every night and delight in this healthy treat while in route to work. The advantage of eating breakfast is that you are less likely to over eat throughout the day. On the other hand the disadvantage of not eating breakfast is that you will be more likely to over indulge in caloric snacks and large lunches which will ultimately lead to weight gain.

- **Lunch on the go!!!** Most working mothers eat on the go at restaurants near the office. The restaurant industry has capitalized on the average American not eating breakfast and lack of knowledge about portion control. When the average working mother who has not eaten breakfast dashes into her favorite restaurant to grab a quick bite she may unknowingly over indulge. The serving size is twice the healthy size which is 4 oz or the size of the palm of your hand. So next time you are grabbing lunch on the go immediately cut your sandwich in half and save yourself numerous calories and reduce your daily sodium intake.
- **Exercise is equally as important as healthy eating!!** There are numerous options for exercise that will lead to a healthier life. Certainly working mothers can join the gym and hire a personal trainer, but this is not always an option. However, walking is one of the best forms of exercise. Instead of catching a cab throw on your tennis shoes and speed walk to your favorite restaurant during your lunch break. Remember it is always more effective to exercise and then eat. Purchase a set of 3-5 lb weights and turn your ringers down and computer monitor off for 15 minutes during the day and do bicep and tricep curls right at your desk. By doing this you have incorporated both cardio and strength training into your day. When you have a down season go ahead ladies-sign up for that salsa class and put on your sexy dress and dance your way to healthy living.

Yours in health,

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Disclaimer: Please consult your physician before starting any weight loss or fitness program.