

Fit MOM

Keep moving

As we cruise through summer I am enjoying the traveling and fun with the family! I am also looking forward expectantly to the beginning of a new school year and all craziness that it brings. Here are some tips from Morgan Watson, a personal fitness trainer at Courtsports Athletic Club in Springfield, on how to maintain the fitness we have worked so hard to gain this summer.

- » Keep healthy snacks in your purse and car. Having something healthy to munch on keeps moms and kids alike from overeating when we get too hungry.
- » Drink a large glass of water as soon as you wake up in the morning and before every meal, leaving less room in the stomach to be filled with food.
- » Park at the far end of every parking lot you visit. It can be the first part of your warm up, whether you are at the gym, park or store.
- » If you don't use it, you lose it. Keep moving if you want to be able to keep moving.
- » Find a FUN way to be active. You won't stick with something you don't enjoy doing.

Check out the Fitness Challenge on pages 26-28 and on the MOM Blog for more personal trainer tips from Morgan. Go Andrea!



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Meet Fit MOM

Making fitness a priority is not always easy—but it is time to make taking care of mom a priority.

Rachel Sanders is wife to David and mom to Andrew, 19; Alyssa, 15; Kobe, 10 and Kaleb, five.

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www.wendygregory.zenfolio.com



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