

# Fit MOM

## Schedule time for you

Full speed ahead into fall! We have school, sports and the many activities that keep our families happy and healthy. But have you scheduled in your fitness time? Yes, you need to schedule time for you! Studies show a direct link between the quality of our health and the quality of our life. Here are just a few benefits that consistent exercise can bring to you and your family.

- » Manages weight
- » Prevents and manages health conditions, from stroke to diabetes to depression.
- » Improves mood and boosts energy
- » Promotes all-around benefits between the sheets—better sleep and better sex!
- » Feels good—exercise is fun.

Where will exercise fit in your schedule? Mine is flexible around kids' school, sports and life. I'm around the track during their practice, up early for a group exercise class or making time after work for weights. Sound familiar? The key is to find what works for you. Just remember the benefits that come with putting you and your fitness into this fall schedule.

Sources: Mayo Foundation for Medical Education and Research



[www.courtsportsac.com](http://www.courtsportsac.com)  
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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.*

photo by Wendy Gregory  
Photography

[www.wendygregory.zenfolio.com](http://www.wendygregory.zenfolio.com)



## Meet Earth MOM™

Erin Lamb cooks from the garden and parents her two outdoor-loving kids, six and eight. She works at Nearby Nature developing and maintaining the Learnscape, an educational landscape that serves Network Charter School students, Nearby Nature students, and the public through workshops, daycamps, no school day classes and other programs.

# Hang out and play



Come and play at the Park!  
Bring granny, nanny, parents and friends.  
Never go home wet or muddy, just worn out from playing.  
**For ages one to six.**  
Balls, bubbles and noodles.  
Tunnels, play houses and tumbling mats.

**Tuesday & Friday**  
**9:30 a.m. to 12:30 p.m.**  
\$3.50 per child for members,  
\$5.50 for non-members.  
Discounted 10-visit punch cards available.



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