

## Get out & Go!

As moms, we've heard it all before: exercise is good for you; exercise will make you feel better; it's the only way you are going to fit back into your favorite jeans! So, if we know these things to be true, why don't we do follow through? Because as moms, we experience first hand how hectic life can be. When we have a break, we don't want to spend our time working out; we want to spend it "vegging out".

As moms, we are often busy, stressed out and tired. As much as "vegging out" feels good in the short-term, it doesn't help us in the long-term. This is the time you most need your workout. Exercise will lift your mood, decrease stress, and help you feel more energized. Pre-kids, it was easy to fit in a workout – you could pop over to the gym for a class, meet a friend to run, or do a workout video at home. After kids, those strategies are no longer practical for most moms. Your child may be too young to bring to the gym daycare; your baby may scream in the jogger; or you may face constant interruptions from your toddler when you put in that video. However, with a little creativity and flexibility, it is possible to fit beneficial workouts into your schedule.

You probably won't workout the way you used to, but that doesn't mean you should give up altogether. You may face the frustration of exercising in 10-minute segments throughout the day versus a single 30-minute session, or you may be called to the gym daycare 15 minutes into your workout and have to leave, but don't give up. This is where creativity comes into play. The key is to adjust your expectations.

Adjust your workout routine based on where your child is developmentally. When they are very small, you may walk with them in the baby carrier. When they get a little older, you may be able to jog with them in a jog stroller. If you have a social toddler, she may love the gym daycare. In the event that your little one mutinies at the daycare door, you can set your alarm for an early morning workout. A 10-minute walk, three times a week will reap mental, spiritual, and physical rewards.

Consider the needs of your family, and then strike a balance that benefits everyone. Make time for yourself. Never forget that your health and well-being are important. If you don't take care of yourself, it becomes difficult to take care of others. Workouts should be "me time"- fun, motivating, inspirational- not another thing on your "to do" list.

For specific ideas on how to incorporate exercise and stress relieving strategies into your daily life, visit my website: [www.momandbabysport.com](http://www.momandbabysport.com). Follow hyperlinks to the "Fit Tips" and "Co-Mom-dents" pages.

Be well, be happy, and be healthy.

Cathy Connors, Psy.D.  
Owner, [momandbabysport.com](http://momandbabysport.com)

Be inspired to run your first 5K (look for our 5K training kits this holiday season)

© No part of this article can be copied, reproduced, or used without the author's expressed permission