

# Exercise and Health: Realistic Tips for Moms,

## Episode 60



**Power of Moms**  
A Gathering Place for Deliberate Mothers

With April and Saren

As the weather gets warmer and it is easier to be active, our thoughts often turn to our bodies. We all want healthy bodies, but it can be tough to figure out how to get exercise in the daily life of a mom. April and Saren share some ideas for exercising while appreciating the gift of our bodies.

### **Schedule in Exercising Time:**

April's sister is a marathoner, and she told April that she has to deliberately schedule time for her runs. Although April says that she has had a hard time making time for consistent, high quality exercise, she has been doing what her sister suggested and she just completed her first six mile jog with husband. Her first six miler ever! She also went on a 4 mile jog the next morning. April was so excited to be able to accomplish these goals and increase her health and abilities.

### **Increased Energy and Productivity:**

April's sister also said that when she can carve out time to run she feels great all day. On an interview with Katie Couric, Julie Morgenstern said that people who exercise in the morning or before lunch are 80% more productive. Saren feels very sluggish and down when she isn't able to exercise. She really makes it a priority to schedule exercise so that she can feel better and be a nicer mom.

### **Making Exercise Work for You:**

**Time of Day:** It is so difficult to get up when babies are getting up in the night. It is also easy to stay up enjoying quiet time after the kids are in bed. So when to schedule exercise? Attending a gym that provided childcare was what worked for Saren when her children were all toddlers and babies. She was not able to get up early at that point and exercise before the kids were awake, because she was up with them often in the night. The gym allowed her to bring her kids with her, and she could work out while they enjoyed playing with other kids. Now that her kids are in school, Saren runs after she drops them off at school.

**Amount:** Saren now runs 3-5 miles every day. But when she had littles at home, she didn't run. When she started up again, she hadn't run for ten years so she thought that she had lost her ability to be a

runner. But she just gradually inched it up, and eventually she was able to feel like a runner again. Whenever we start exercising again, it is probably going to be hard, and a little bit miserable.

Pretty much all of us can come up with some way to work exercise into our day. Whether it is jogging around the block a few times while our kids bike or scooter along with us, or doing a 20 minute workout video. There are so many different options, the point is to evaluate when you can do it, and have a starting point.

**Motivation:**

It is critical to have the right motivations in place. April shared that whenever she tried to motivate herself by comparing, like thinking about what her friends would think of her at the high school reunion, or clipping a photo of a beautiful celeb, it didn't work. What really motivated April to take care of herself and be healthy was to think about what a gift her body is, and how much she matters as a person.

Our kids tune into what our motivations are. April was talking to some friends who have middle school children. They told her that there are some who are not eating breakfast, and throw away their lunches, talking about how much they weigh, and only eat dinner so that their parents won't know that they are pretty much starving themselves. The mothers themselves are extremely concerned with what they look like, even bordering on obsessed. Those patterns of thinking are taught to our children, even in subtle ways. It really does work to talk to our children openly and model a healthy way to live. We talk about the need for health and getting our bodies nutrients, water and proper rest. April's thirteen year old is starting to internalize, and recognizing habits and mentalities that aren't healthy.

April's mom used to look in the mirror and say, "Oh, I look terrible". She would say that most of the time; and that is so sad. We want our children to know that we take care of ourselves, but that we do it for good reasons. Our kids and loved ones don't care what we look like. They care about what we are teaching, how we are living, that we have energy to do fun things with them, and that we are healthy enough to be with them for years to come.

April has learned from Saren how to teach kids about healthy snacks, how to cook great meals. We can look at food labels with them, and evaluate food choices to make our bodies healthy and strong. We can be active as families, and make it fun to take care of ourselves.

Our challenge to the Power of Moms community is to take the initiative to take care of yourself in whatever situation you are in, and have a great experience with your family this summer.

*Transcribed by Jessee Stewart*