

Moms on the Move

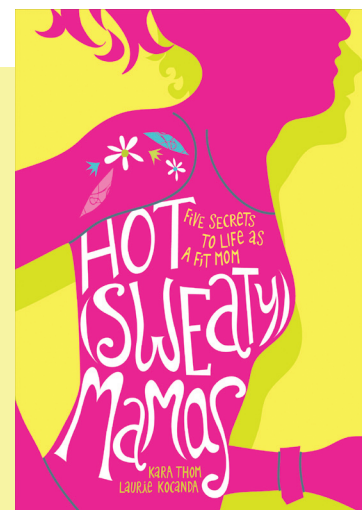
As most moms know, finding the time to exercise can be a difficult task while raising children. And although maintaining a healthy lifestyle can reduce the risk of heart disease, obesity, hypertension, and a variety of other maladies, it doesn't make it any easier to balance the demands of motherhood with the achievement of fitness goals.

Authors Kara Thom and Laurie Kocanda know that the challenge for moms is more than just "getting the pre-baby body back."

Hot (Sweaty) Mamas: Five Secrets to Life as a Fit Mom (Andrews McMeel Publishing, \$14.99, March 2011), teaches mothers of all ages and walks of life how to create a fit lifestyle that is compatible with motherhood. Promoting a "take time, make time, share time, and snare time" method of finding ways to work out, the book includes tips on:

- making choices about priorities and managing "mother guilt"
- managing sweat equity in the home for conflict free fitness.
- getting fit as a family with children of different ages and needs

Like a girlfriend's guide to balancing fitness and motherhood, the honesty and candor of **Hot (Sweaty) Mamas** make it an ideal handbook for those thinking about starting an exercise program, as well as for those trying to pursue fitness goals. The wit and wisdom offered by Thom and Kocanda, as well as their example, prove that being fit and being a mom are not mutually exclusive.



About the Authors

Kara Thom is a freelance writer and editor who has written two books and for numerous periodicals. She is mom to seven-year-old twins, a six-year-old daughter, and a two-year-old son. Laurie Kocanda has served as editor of Twin Cities Sports magazine and has been teaching group fitness classes for over a decade. Laurie is mom to two daughters, aged nine and five. Both authors are runners and triathletes, and focus on fitness and parenting in their work.

Hot (Sweaty) Mamas

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