



Workout Mommy

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Cheryl Fenton is one fit mommy!

April 30th, 2010

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It is time for another installment of "One Fit Mommy"! As I surf around the blogosphere, I come across fit moms (and dads too!) who inspire me to fitness. From there, I hunt them down and force them to tell me their secrets, which I then share with you!

Today's fit mommy is Cheryl, who blogs over at EasyPeasyBlog. She is a busy mommy who juggles everything from editorial director to marketing specialist and copy writer to copy editor. She is also a published author, including the book "Shortcuts to Sexy Body".

Despite being super busy, she still finds time to stay FIT! Please read on for more on why Cheryl is definitely "One Fit Mommy"!

Q: Have you always been fit? What inspired you to live a fit lifestyle?

I guess you could say I've always been very active. It translated to being "fit" when I learned that what I was doing was actually good for my body (not just fun) and I set a goal to stay healthy. When I was younger, my Sony Walkman never left my ears. This love of music translated to an on-the-go fitness outlet—a gawky teenager bopping around her house or strapping on her roller skates for a trip around the block. Whether I realized it or not, I was working out pretty hard during those hour-long dance and skating sessions. Then came the fitness tapes of the '80s (think Jane Fonda, Kathy Smith). Who could resist those colorful fashions, leg warmers and headbands? On a side note, an onscreen exercise icon became a real life friend a few years ago, when I was lucky enough to write a fitness book with Tamilee Webb of Buns of Steel fame.



When I entered college in the '90s, fitness and feeling good about my body became a priority, as I narrowed my career interests to writing for beauty, fitness and fashion magazines. As an editor and freelance writer in the years to follow, I was constantly interviewing experts about new ways to be healthy and fit. This inspired me to apply what I had learned to my own life. At this point, I began my love affair with exercise and staying fit.

Q: What advice do you have for moms who claim they don't have time for exercise?

The reason I started EasyPeasyBlog.com is to help busy women (moms included, of course!) understand that staying a beautiful and fit woman is possible even when your schedule is packed. You can fit working out into any busy day if you know how. First off, make an appointment with yourself for yourself. If you treat exercise like a non-negotiable



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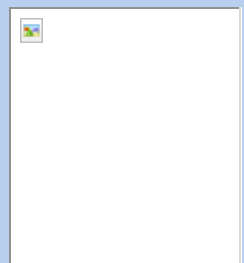
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“meeting,” then you’re less likely to skip it. Get up early for a quick workout or stay up a little late for one (but not too close to bedtime). Sign up for a class at the gym or do an OnDemand home workout. You can incorporate stay-fit activities throughout the day. Remember: you don’t have to have a full hour block of exercise. You can spread it out—10 minutes here, 10 minutes there. Involve the kids, and you’ll be keeping yourself active while also teaching them it’s important to get moving. Turn up the music and dance around your house. Go for a jogger stroller jog. Get out the Wii Fit and have a family “workout night.” Go for a walk after dinner. On weekends, take the family on a hike. Being fit doesn’t require exercise equipment or a gym. It just needs you and a great attitude.

Q: What is your favorite exercise and why?

Rollerblading. I was in the best shape when I used to go three or four times a week. I love the freedom you have when you’re racing down a hill and the strength it takes to pump yourself back up the next one. And when you get a good song on your Ipod (there are those headphones again!), it’s almost like dancing.

When I became pregnant I had to hang up my blades for a bit. In my quest to stay fit, but with a child on the way, I was realistic that I wasn’t going to be able to hit the gym or rollerblade as frequently anymore after she was born. So a gift to myself was the Cybex Home Arc Trainer. It’s a good thing I got it, because I ended up gaining 70 pounds with my daughter. She was born in March 2007, and being in Boston, that’s still winter weather. The Arc Trainer really helped me lose the weight and get back into shape. It’s now my favorite go-to exercise when rollerblading isn’t an option. It’s situated in our TV room, so I can catch up on fitness, favorite shows, even emails on my laptop—the ultimate multi-tasking. I really have no excuses.

Q: Are you more of a cardio mommy or strength training mommy?

I like to incorporate both into my week. I probably enjoy cardio more because I really like to feel that my entire body is moving. But there’s nothing like the results of strength training, as you watch each muscle tone and become more defined.

Q: Do you have any mental tricks that you use when you just don’t feel like working out?

Believe me, there are days when the last thing I want to do is exercise. After a day playing with my three-year-old, training our new puppy, pitching article ideas, completing magazine assignments and blogging, I would rather sit on the couch and munch on snacks. To get motivated, I usually flip through one of my fitness magazines. Instead of the rail-thin fashion models that can lead to an unhealthy expectation of a woman’s body, these show healthy, fit women enjoying life, eating right and having fun with exercise. This usually is the trick to pump me up enough to get up and get going. There might even be an article with a new exercise that I haven’t tried yet. Mixing things up and being creative with your routines can also be a great trick to getting motivated to exercise.

Q: Random question: What is your favorite snack food?

If you mean healthy favorite snack food, it’s Greek yogurt. If you mean, bad-for-you snack food...I would have to say Doritos. I can’t even have them in the house because the bag won’t last five minutes. And I don’t share. I’m a greedy snacker. Get your own bag.

Thanks Cheryl for being an inspiration for all of us!

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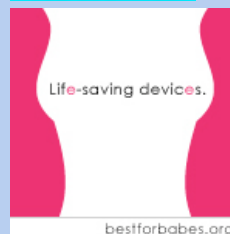
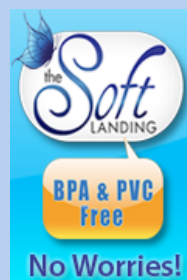
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