



# IF MOMMA AIN'T HAPPY, NOBODY HAPPY

*Do you keep everybody's life running seamlessly, but when it comes time to "do you," the seams start falling apart? Women are expected to cook, clean, educate, and taxi; but it shouldn't be at the expense of their happiness, health, and sanity. Being a mom or a wife is great, but being a fit and healthy mom or wife is even better. Perspective, thoughts, and execution are a few reasons why women have a hard time staying fit. The following are five Time Efficiency Tips© that are sure to change the way you approach your fitness goals.*



## 01 “I’m on a diet...starting Monday.”

While it’s realistic to set a target date for buying a house, it’s really impractical to set a date to start a diet. If you set a diet date, that date will always be a moving target. Every time you fall off the wagon, you choose another date to start. At that rate, you’ll never see results. The day you decide to lose weight is the day you should start.



## 02 The Refrigerator Can Be Your Friend

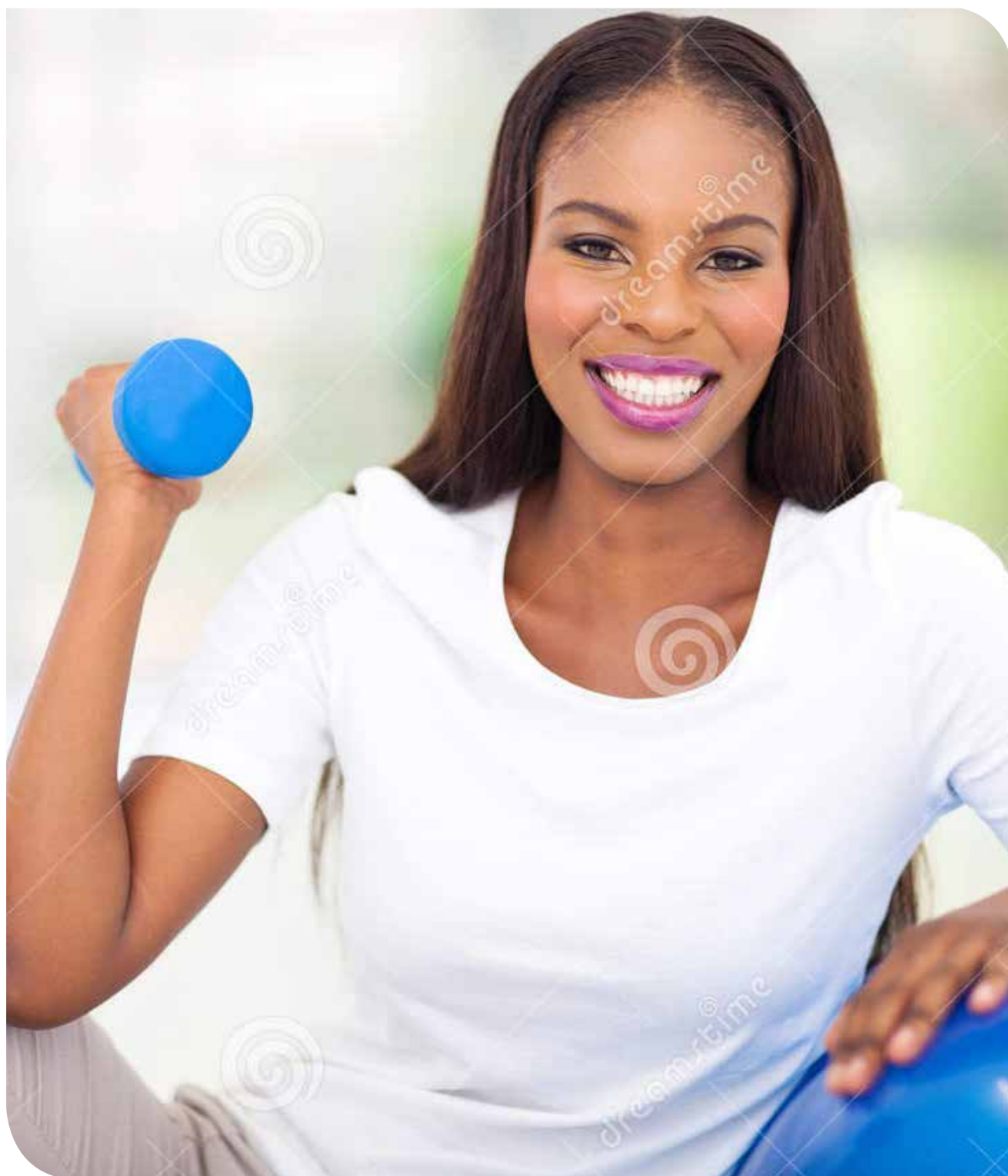
Just because the refrigerator is six feet tall doesn’t mean that it needs six feet of food in it. If you are trying to maintain a healthy lifestyle, the inside of your refrigerator should look healthy.



## 03 Location, Location, Location

The worst place to put workout equipment is the basement. Unless you go into the basement frequently, it doesn’t belong there. Location isn’t just the key rule to real estate. When the equipment is conveniently located, you are more likely to use it, even if it doesn’t look appealing in an area in which you spend most of your time. It’s not about the equipment looking good in a room; it’s about the equipment helping you look and feel good.

# Fit Deck



## 04 Creating A Habit

I learned from a nutritionist that you have to create a habit before you execute a fitness goal. For example, if you want to start going to the gym, get dressed and just drive to the gym and don't do anything when you get there for a week. After one week, start doing exercises and build the intensity week by week. It may sound silly, but it replaces those excuses with action.

## 05 Exhaust All The Possibilities

There is nothing you do and no place you go that should prohibit you from getting a little exercise. While shopping or taking the commuter train, put on leg or wrist weights. While brushing your teeth, stirring a pot, or washing dishes, do squats, lunges, donkey kicks, or side leg extensions. This is called fanatical fitness.



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