



5 SUPER MOM FITNESS PLANS THAT WORK

 BEOMETRY



BEING A SUPER MOM ISN'T EASY.

Demanding, exhausting, and perhaps sometimes unnoticed, your role is vital. Your health is important, not just for you, but for all the other lives you have to supervise. Your health and your fitness go hand in hand. How do you manage your superhero duties AND fitness? Whether you stay at home, work and parent, or just had a baby and can only think about finding time for sleep, we have 5 different Super Mom Fitness Plans (including one for the Super GRAND-Mom!) below that can fit into your superhero schedule. Following these plans is an Appendix of tips and sample exercises. With the weekly schedule, this will help you rethink and reincorporate fitness into your Super Mom schedule.

In each of these plans, we focus on one aspect of fitness each day, so if that's all you can squeeze in between picking up the kids from school, dropping them off at basketball, a piano recital or PTA meeting, a day job, a night job, the grocery store, laundry, cooking for the whole family, or shuffling 9-to-5, then you've taken one critical step toward a better, healthier you so your super-cape can fly!

Each weekly plan focuses on physical health for 3 days and other aspects of your fitness the remaining 4. These suggestions will help you learn how to build healthy, daily habits into your super-routine, where consistency becomes key in keeping those changes.



PLAN 01
THE WORKING MOM

The Working Mom: It's Not Just 9–to–5

You bring home the bacon AND pick up the kids after school? Here's a fitness plan that fits within the art of your daily juggle.

Sunday: Stretching

Get your body ready for the week by keeping it flexible and balanced. Try 10 minutes of stretching on Sunday night after you put the kids to bed.

Monday: Meditation

Staff meetings and updates usually hit Monday morning. Take 5 minutes between calls, close your door and meditate. Don't have an office? Try a bathroom stall for 5 minutes to center yourself and make Monday less manic.

Tuesday: Strength

Power up before the week grinds you down. Give yourself 45 minutes before the day gets started to build those muscles.

Wednesday: Mental Health

Avoid a mid-week slump by connecting with that friend you miss. Can't have lunch in person? Try lunch at your desk with a video call through FaceTime or Google Hangouts or Skype. Make time to *see* and *hear* each other.

Thursday: Calorie Burn

The weekend is approaching and you want to burn off the week. Try an EPOC exercise over lunch or after work and tone those muscles.

Friday: Sleep

Now's the time to let yourself focus on sleep habits. The weekend is here—save Saturday night and explore better sleep habits on Friday so you can be rested for the weekend.

Saturday: Nutrition

Free from the demands of a work day where lunch is sometimes shortened, use Saturday to focus on healthy eating. Early Saturdays are sometimes great opportunities for farmers' markets.



PLAN 02
SOCCER/TRANSPORTING MOM

The Soccer Octomom: A FULL House

If you can field your own soccer team, here's a way to take those time-outs.

Sunday: Nutrition

When planning for a hungry household, Sunday gives you the time to look ahead and pre-prep meals, including the healthy ones. If you have to hit the grocery store on Sunday, go early and don't go hungry. Perhaps even one of the kids can help, which gives you bonus 1:1 time AND an opportunity to include a child in healthy eating.

Monday: Stretching

Your muscles are going to need that flexibility as you heard your team through a week of school, sports, homework, scrapes and bruises. Keep in motion with 10 minutes of stretching before the cattle call for breakfast.

Tuesday: Mental Health

Let's face it: a pack of kids isn't easy. Keep your sanity by connecting in the week —or planning ahead for that weekend friend "date" and give yourself something to look forward to.

Wednesday: Sleep

Practice better sleep habits on the hump day to keep your batteries charged.

Thursday: Strength

Take advantage of that quality sleep by powering through some strength training. Did you notice the difference?

Friday: Meditation

Stuck in the carpool lane? Take advantage of those 5 minutes with a meditation. Put on the sunglasses and focus on a breathing exercise while everyone else frets and fumes. Don't have your iPod or a mediation track? Try a classical station, turn down the volume and breath.

Saturday: Calorie Burn

You just fielded a soccer team. Why not do your calorie burn at soccer practice? Get another soccer mom to join you for motivation and support. Who knows? You just might inspire your kids to play harder by watching their Super Mom work up a sweat.

A woman with long dark hair, wearing a blue denim shirt, is leaning over a young boy with short dark hair, wearing a plaid shirt. They are both looking at a laptop on a desk. The woman has her hands on the boy's shoulders. The background shows a home office with a desk, a chair, and a window with blinds. A large teal triangle is overlaid on the left side of the image.

PLAN 03
THE SINGLE MOM

The Single Mom: When You Need a Clone

When you serve double duty as Mom AND Dad (or Mom AND Mom), how do you fit in time for your fitness?

Sunday: Sleep

Rest your body for the week again by practicing healthy sleep habits with an early Sunday bedtime for everyone.

Monday: Cardio Burn

Kids are off to school and the week hasn't hit full gear, but you can with an EPOC routine after a good night of sleep.

Tuesday: Meditation

Stay grounded and present with 5 minutes of meditation after the kids are off to school.

Wednesday: Stretching

Keep your muscles flexible with a hump-day stretch before the kids wake up for breakfast. It'll make it easier for you to shuffle those sleepy heads off to school.

Thursday: Nutrition

Nutrition sometimes requires a bit of time and planning, which usually opens up on the weekends. If that's true for you, then hit the store early Saturday and take the kids with you to teach them about healthy eating.

Friday: Strength

Use that TGIF feeling to motivate your strength training before the weekend. Try exercising at home while the kids do their homework.

Saturday: Mental Health

Don't forget your quality time! Whether an outing with another Single Mom, or calling your best friend from college, it's important for you—and your kids—that you stay connected with others. No babysitter? Invite the friend over for breakfast while the kids watch cartoons or, even better, take them to the park after lunch and catch up with the friend on the swings.



PLAN 04
GRANDMA ON THE GO

Grandma On The Go: Keeping the Ship Sailing

When you're the chef, the caretaker, the educator, the property manager, the all-in-one Stay-at-Home Grandma-On-The-Go, the most important and perhaps least-paid job of all, we have a fitness plan to meet the demands of your life.

Sunday: Meditation

Start the week with 5 minutes of calm focus on a guided meditation.

Monday: Strength

Warm up your engine with strength training after the house is empty and before the demands of the week pull you down.

Tuesday: Nutrition

Fuel your body and plan a healthy meal—try the grocery store mid-week early in the day when it's empty and you aren't competing with everyone else.

Wednesday: Stretching

Keep your muscles flexible with a hump-day stretch before the kids wake up for breakfast. It'll make it easier for you to shuffle those sleepy heads off to school.

Thursday: Sleep

Don't skimp on sleep! Whether a restful nap or dimming the lights before your 7 hours of sleep, use this night to practice healthy sleeping habits in advance of the weekend.

Friday: Mental Health

You've been Super Mom all week and probably a little super-isolated. Give yourself some time to call that friend who texted you earlier in the week—perhaps you and another Stay At Home Super Mom can plan your healthy shopping trip next week!

Saturday: Stretching

AND S-T-R-E-T-C-H on Saturday to ease that body from the weekly duties to keep those muscles balanced and flexible.



PLAN 05
THE NEW MOM

The New Mom: Starting Off Right

The newborn may keep you up at night, but here's a way to keep your sanity and lose the extra weight that EVERYONE gains during pregnancy.

Sunday: Calorie Burn

Take advantage of the restful night with a wake-up cardio burn!

Monday: Mental Health

Stay connected with a stroller date with another new mom. Combine with a stretching exercise to really squeeze in more fitness!

Tuesday: Strength

Keep motivated with a day of strength training

Wednesday: Nutrition

Mid-week is always a great time to hit the store when it's less crowded. Just don't go hungry and check out the produce aisle every time for weekly specials on fruits and veggies. Pick up small storage containers to prep your healthy snacks for a few days in advance.

Thursday: Stretching

The little one down for the count? Before you take your nap, spend 5–10 minutes to stretch.

Friday: Meditation

A newborn's naps are often when the new mom gets her sleep. Start with a 5 minute meditation to keep your mind at peace and help you fall asleep quicker.

Saturday: Sleep

What's a rest day when a newborn wakes up all hours of the night? Can't hire a "night nanny" to help you take off one night of parent duties? Find a family member willing to help one night each week. Swap off duties and coordinate your naps with the newborn. It won't last forever!



**FITNESS-PRO
TOOLS APPENDIX**

STRETCHING

Range of motion is the starting point. This is because in fitness pillars, strength and cardio are achieved only with movement through sufficient repetition. If we limit ourselves to just a few steps or reps of an exercise, we don't generate increased heart rate which results in what we call "doing cardio." If we don't challenge ourselves against resistance, we can't build strength and tone. All of these are *impossible* without adequate movement and flexibility around a joint.

Unhindered joints gives us freedom of movement, whether to load the joint to build muscles or to repeat and tone. A restricted joint is like a bent hinge on a door: the more we use that door, the sooner that hinge locks and stops us from using the door for any purpose. Eventually, the joint wears down.

When it comes to stretching, we usually think about muscle length. It's *equally* important to think about muscle strength. If you stretch to reach something and that body part shakes, then your muscle is telling you two things: it's tight AND weak in that position. Consider your hamstrings, for example. When you sit in traffic and then sit at a desk, you

are constantly *sitting*. The result? Your hamstrings are shortened and become accustomed to that position while also losing strength (becoming weak) in the opposite (stretched) position.

To increase and keep flexibility, we have to build STRENGTH in various positions. The stretches we prefer are those where the muscle to be strengthened is held in an extended (stretched) position as the opposite muscle shortens. By making active stretching and flexibility part of the workout, you target fat loss and toning.

EXAMPLE V-UP

The V-Up exercise is the core exercise where you move from a flat position on your back (arms extended straight, over your head) into a V-shape while engaging your core. Your chest and legs should move in unison.

HERE ARE SOME HELPFUL TIPS

LEVEL 1

Toe-touch crunch. Focus on keeping your legs straight (no knee bends) and stable above your hips, pointed toward the ceiling, while using your core to crunch

into the V-position. Clients with tight hamstrings will find it difficult to keep legs straight and steady (a sign of this weakness is bent knees and shaking legs). Clients with weak cores will have difficulty isolating bringing their shoulders off the floor while not moving their lower body as they crunch.

LEVEL 2

Single-leg V-Up. During the V-Up, while keeping both legs straight, focus on raising one leg at a time as you crunch, reaching for both legs. This keeps both hamstrings in the long (extended) position while increasing intensity for one hip at a time.

LEVEL 3

Full V-Up. Focus on lowering and raising the legs together with the torso while keeping the legs straight. Tap your feet when in the V-position then lower and repeat.

If your hamstrings do not have adequate flexibility, it will be difficult to complete this exercise with straight legs regardless of your core strength.

MEDITATION

Meditation checks in with the conversations inside your head. This is important, particularly when stress in the United States is at an all-time high. It's not hard to see why: the internet allows us to run the gauntlet and comparison check everything from the way we look to the lives we THINK we should have. Our brains are not designed to live in a virtual world of imaginary debt, missed opportunities, or other external stressors that saturate us. The constant barrage of negativity stops us from gaining clarity. We spend so much time chasing what we don't have, that we don't appreciate where we are and what we do have. This type of appreciation is referred to as "being present." Being present allows us to focus and gain more from the moments while ignoring the million stimuli online or inside our head. One of the keys to having a life that grows is having gratitude for what you have to allow and attract new things to come into your life. Being present to what we have and where we are at is the first step to moving towards gratitude.

For a busy Super Mom, guided meditations are ideal. Silence, without guidance, can let the mind wander. Those wandering thoughts may convince you that doing something else is more important at that moment. It becomes a battle to be with

yourself and focus on something that's not a fear or an obligation.

Meditation doesn't require a lot of time. Even ten minutes can be all that you need. Great programs like Headspace often offer free trials. Personally, I like to hold a stretch while meditating: it gives my body a gift as well as my mind.

HELPFUL TIPS

Struggling to stay in the meditation? Focus on your breath as you inhale and exhale. Feel your stomach expand and shrink (avoid chest breathing). Don't stress over whether you're "doing it right." Think of meditation like another muscle skill: it takes time to build. Many consider the effort to meditate just as beneficial. If you get interrupted, simply try again.

One of my favorite meditation positions is to lay supine (on my back, face up) on a yoga mat. This position helps fully open the body and relax. Because many of us have such busy minds, other meditation stances can be challenging for relaxation. The disadvantage of this position is a tendency for overworked people to fall asleep. To remain alert during meditation in this position, place your right hand overhead with elbow bent, almost framing your head. This will create a slight body

jerk if you fall asleep. Place your other hand on your stomach or pubic bone to help focus your body on deep breathing.

I prefer a guided meditation, which will vary greatly depending on the program. For supine meditations, I focus on breathing and the length of exhale in each breath. A good breathing exercise is to inhale through the mouth for four seconds followed by a four-second exhale. Alternatively, the breathing can be done through the nose. Keep the tongue moist: stress will dry your tongue and send blood from the organs in a parasympathetic (relaxed) state to a sympathetic (stressed) state. For an advanced technique, drink and keep a little warm water in your mouth to help with relaxation.

REMEMBER

There is no WRONG way to meditate. The quest for perfection defeats the purpose. It's perfect when you "just be" and have no expectations or judgments about yourself or your meditation. Another interesting advanced exercise, after a meditation, is to notice the thoughts you experienced during meditation and journaling those. It may reveal how you speak to yourself.

STRENGTH BUILDING

Strength is a skill. Usually, when we talk about strength, we focus on *general strength*. General strength follows big patterns like pushing or pulling, whether with the lower or upper body; to contrast, *specific strength* relates to particular abilities for specific moves. General strength addresses capacity, similar to a drinking glass: a large glass can be filled with multiple qualities like cardio-health and speed. A base of strength not only changes how your body looks and feels, but also makes everything in your life easier. A large strength base gives greater capacity for making life easier in general. For example, if you can do chins ups, it will be easier to carry groceries to your car. If you can do squats with weight, carrying those groceries up the stairs become easier.

One key to strength is balance, and not necessarily the type of balance required to stand on one leg. The balance we are discussing here involves opposing movements and muscles on all sides of a joint. Too much of an exercise without reinforcing the opposing muscles around the joint creates imbalance; imbalance

create injury. In other words, too much of a good thing can pose problems.

A common example of this issue involves knee-dominant exercises. Squats and lunges are knee-dominant exercises. The front of the leg muscles must be balanced with the back of the leg in order to function at maximum effective capacity. It may help to think of your legs as an engine and a brake system: if you have a large engine and no breaks, you can't drive very far or very safely.

REMEMBER

Strength is equally about capacity AND balance.

Here is a helpful tip for balancing your leg training:

For every set of lunge or squats, balance your legs exercises with deadlifts, step ups or hip bridges. Balancing (or opposing movement) exercises should be integrated into your program.

My favorite on-the-go strength exercise is the SuperHero Lunge, and can be done at home without much equipment. This

lunge requires you to keep your back leg straight, tapping your toe behind you. Begin by standing with your legs hip-width apart. Imagine a line on the floor that separates the left and right sides of your body.

Gently slide/move your right leg backwards, keeping it straight and on its side of the imaginary line, gently toe-touching the floor. At the same time, bend your left knee forward while keeping your left heel on the ground. Your torso will move forward and your knee will move forward. Keep your knee over the middle / second toe of your foot. Be sure to keep your chest up and back flat and return to standing position. Repeat the exercise on the other side.

What I love about this version of the lunge is that it doesn't strain the back leg and doesn't require technique to keep the back hip and spine aligned. Instead, with less coaching from a trainer, it focuses on the front leg and works more on the glutes.

NUTRITION

We often hear the saying, “You are what you eat.” It’s a bit oversimplified, but true nonetheless. Whatever you do—or don’t—eat are the building blocks for your body. Usually, people fall into two categories.

1. They eat too much of the wrong thing.
2. They don’t eat enough of the right thing.

Can you identify the primary problem with maintaining nutrition? In most cases, it’s time. People don’t make time to eat and, more importantly, don’t make time to plan *what they are going to eat when they stop to eat*.

To be successful, you first need to know what to eat and what *not* to eat. Second, an IMPLEMENTED habit is necessary to keep your nutrition on track. We generally know what / what not to eat. Most of us understand that fresh fruits and veggies are healthy and that junk food

isn’t. However, we are taught very little practical implementation. As a Super Mom, you constantly attend to your family and sometimes overlook your own needs, including nutrition. Have you ever *wanted* to eat healthy, but got sidetracked in a hectic day and served food that your family wanted to eat instead of food that you NEED to eat? Perhaps you needed groceries, and rather than racing to the store to pick up a few things and then racing back home to clean, prepare, and cook, it was quicker and easier to feed the hungry, cranky mouths by ordering pizza. Of course, you ate the pizza instead of that chicken salad you wanted.

Making something separate for yourself usually isn’t a good solution. **Here’s another tip** when trying to balance picky eaters at home. Take some of the ingredients that you are already preparing and cook without ingredients that make

the food less healthy. For example, instead of covering all of the broccoli in cheese so your kids will eat it, separate some of the vegetables to serve without the cheese. Sometimes, they may require a few minutes of pre-planning, but it will help you shift your diet into something nutritious. Besides, you never know when *your* healthy habits might impact the eating habits for your family!

Need some advice on when to shop and plan ahead? Take a look at [this article](#).

Need a suggestion for a healthy snack?

One of my favorite easy snacks (which can also serve as a small meal) is 2–3 hard-boiled eggs (you can usually find a package of 6 pre-cooked organic eggs for about \$2) along with a side of apples and tablespoon or organic peanut butter.

MENTAL HEALTH

Socialization is essential for the human spirit. With all the amenities and luxuries in the world, any one of us can still be lonely. Even being a parent to wonderful children, maintaining a supportive, social network with friends who share goals and values allows us to remain focused and have a voice so that we don't feel stranded. Having that amazing friend who allows you to express yourself is one of the secrets to a more serene life of happiness.

WE LIVE IN AN INCREASINGLY ISOLATING SOCIETY

Consider how many of us are on the phone when we are out with friends or coworkers. Most people lack CONNECTION. It feeds the soul; without it, we begin to starve.

Connection is like a vitamin or mineral that our body craves when we haven't eaten enough. To remain sane and mentally healthy, connect with others.

Here's a helpful tip for the busy Super Mom. Instead of responding to your friend's text message, pick up the phone and make a brief telephone call—even if it's only for 5 minutes. You might be surprised at the gratitude for the call that your texting friend shares!

For a more dedicated connection, set aside time with friends, whether as an outing for the day or even a weekend trip. This sounds like a pipe dream for most Super Moms, but, if you've managed time

to juggle all of those obligations, this could easily fall into place. Communicate with your partner or loved ones about the importance of time for yourself, which allows you to remain healthy and fit so that you can keep going and take care of the family. Consider swapping off parent duties with a spouse or family member and take turns watching the kids for a day or two. Or, perhaps your circle of friends can find a babysitter for the day to make that getaway possible. A little effort to create the time with friends will go a long way toward maintaining connections and building relationships outside your immediate family.

SLEEP

SLEEP! Sleep is where the body restores itself. Early in my career, I mistakenly believed that all my fitness results were coming from the gym. I didn't understand that my reliance on caffeine masked just how tired I was and I wrecked my body.

In a Harvard study, lack of sleep in women has shown that 15% of women who sleep 5 hours (or less) per night have a 15% *increased risk of obesity*. Those who skimped on sleeping had a 30% risk of *gaining 30 pounds*.

Another study showed that lack of sleep reduced the ability to lose fat by 55% for women on the same diet and exercise plan when they get less than 5½ hours of sleep. Lack of sleep may impact our bodies

in other ways too, such as increased food cravings, decreased energy, and decreased satisfaction after eating. Sufficient, quality sleep is important to help avoid obesity, lack of energy and maintain fat loss. A good rule of thumb is the sleep at least 7 hours to avoid short and long term effects that will impact your fitness.

The body's response to light changes the way our hormones are distributed. Cortisol, which is linked to the creation of fat around the stomach, rises when our body is exposed to light. Because this hormone also keeps us awake, to ensure quality sleep, taper down light intake into the evening.

Here are some tips to ensure a good night of sleep:

Be in bed by 10 p.m., or as early before midnight as possible. Even if one night you can only get in 6 hours of sleep, your body will be better served by going to bed at 10 p.m. and waking up at 4 a.m., than going to bed at 1 a.m. and waking up at 7 a.m.

As a Super Mom, naps may be difficult to take, so dim lights and turn off electronic items like phones or tablets before bed. To avoid separation anxiety from your phone, consider removing it from the bedroom. These two simple ideas will help your body get the shuteye you need.

SWEAT / CALORIE BURN

I'm going to share 2 things you might not know about burning calories:

1. Increased lean body mass burns more calories *even when you aren't exercising*.
2. Excess Post-exercise Oxygen Consumption (EPOC) will burn calories *after* a workout.

Strength and resistance training combined with aerobic exercise increases lean body mass MORE than aerobic exercise alone. That lean body mass helps improve the already existing amount of lean body mass. Lean body mass burns more calories—even when we're not working out. Sounds great, right?

A better way to continue burning calories after a workout is to create Excess Post-exercise Oxygen Consumption (EPOC) effect through anaerobic exercises. For most people, sweating has a metabolic effect. Basically, if I'm sweating, I'm losing fat. Anaerobic exercises are short-lasting, high-intensity activities where the body's demand for oxygen exceeds the oxygen supply available. As a result, anaerobic exercises relies on energy sources stored in the muscles of the body. In fact, studies have shown that these exercises (like sprinting, superset weight lifting, and high-intensity exercises) elevate metabolism rates for up to 48 hours due to the lack of oxygen in our bodies. Essentially, being really out of breath increases metabolism as the body tries to restore its oxygen levels to those before exercising.

The EPOC effect fundamentally changed cardio training. This is why current fitness plans don't talk about the "optimal heart rate zone" or "fat burning zone" because they are not as helpful AFTER the workout.

Here are some tips to create EPOC to keep sweating while building lean body mass:

1. Train with supersets instead of straight sets (a straight set is one set of an exercise followed by a brief rest and then repeated; a superset is 2 exercises performed in a row without stopping). Pair exercises that don't compete with each other. For example, Bike Sprints and Squat Holds are competing exercises: your legs will give out before you increase your heart rate sufficiently. Instead, do supersets of Bike Sprints with Plank to Pushup. These two exercises don't compete and will allow you to generate EPOC.
2. Exercise with combination lifts—a training set that uses multiple exercises for a total rep count. One example of a combo-lift using a medicine ball is completing each of the following exercises:

V-Up
Toe Touch
Russian twist
Burpee
Burpee Pushup
Wood Chop
Side Wood Chop
Squat to Press

Repeated 8 times creates 64 reps. This workout allows muscle groups to rest while maintaining an elevated heart rate up. This type of exercise can be varied and implemented an infinite number of ways. The advantage for Super Moms with using medicine ball exercises? You don't have to go to the gym: you can do this in the privacy of your own home or office between your superhero duties!

The Complex is a variation of combo-lifts that builds more muscular endurance (and works well as you gain strength) is to complete all of the reps in a row. For example, complete 8 reps of each exercise before continuing to the next. Although the number of reps doesn't change, this variation is beneficial because of the lack of rest for each muscle group exercised.

3. Circuit Training is one of the most popular current forms of exercising because of its ability to increase heart rate without being limited by muscles that give out. Traditional circuit training is completing 3 or more exercises for a set amount of time (or reps) and then repeating. Try the following circuit, doing each exercise for 45 seconds, then repeating the circuit (group of exercises) 3 times:

Rope Slams
Kettlebell Goblet Squats
Simulated Chin Up
Kettlebell Floor Press
Slider Hamstring Curls

Jump Ups

Although this is a great circuit, it provides the body with 3 exposures and no set amount of reps to complete. This means it will be great for maintaining an elevated heart rate, but will not build as much strength or lean body mass.

Here is an alternative circuit called "modified escalating density training." For 8 minutes, start with 10 reps of each exercise, repeating the circuit. Decrease reps as needed, but match the reps for each exercise. For example, 10 each, 9 each, 9 each, 8 each, etc.

Kettlebell Goblet Squat
Simulated Chin Ups
Kettlebell Floor Press

This circuit tracks the weight lifted while keeping the body in motion. This alternative circuit builds strength and creates lean body mass by doing as much work with the weight as possible in a given amount of time.

Both options above will take only eight minutes to complete. More importantly, you can do these without heading to the gym!



THANK YOU!

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