



Hot (Sweaty) Mamas: Five Secrets to Life as a Fit Mom

Laurie Kocanda, Kara Thom

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The essential guide for all moms, with kids of any age, who want to include fitness in their lives and raise a healthy family, but they are struggling to balance the demands of parenthood and busy multitasking lifestyles.

Authors, moms, and fitness enthusiasts Kara Douglass Thom and Laurie Kocanda work to balance motherhood and fitness. They know other moms struggle to make exercise a priority in their lives because they speak with similarly minded women at seminars and on their blogs. It was from these conversations--and the interest in them--that the idea for *Hot (Sweaty) Mamas* was born. This book is perfect for every mom or mom-to-be thinking about starting an exercise program, as well as moms already pursuing their fitness goals.

Hot (Sweaty) Mamas reaches a wider audience than other fitness books that merely focus on "getting your prebaby body back" by presenting advice on how to pursue fitness despite a busy schedule, how to carve out time with or without kids to work out, and how to get the support needed to pursue fitness goals. Moms who find it difficult to start or stick with an exercise program will learn how to reframe their thinking. Women who continue to work out and struggle with the guilt sometimes associated with taking "me time" will be reassured. Mothers-to-be will feel better prepared to pass a legacy of health and fitness to their children and make fitness and motherhood coexist. Thom and Kocanda reveal the secrets to being a fit mom inside *Hot (Sweaty) Mamas*.

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