

Interview Q & A

The Hot Mommy Next Door: A Quick, Easy, and Effective Way to Drop Your Baby Weight and Achieve Your Personal Best

1. **Q:** Is *The Hot Mommy Next Door* another diet book?

A: Absolutely not. Diets are something you do for a couple of weeks. They don't last. This book advocates a lifestyle change that is achieved by empowering moms with the knowledge they need regarding nutrition, exercise, discipline, and lifestyle in order to be successful at dropping their baby weight and achieving their personal best and more importantly sustain the change.

2. **Q:** What is the ultimate message of *The Hot Mommy Next Door*? What is the benefit or promise in reading *The Hot Mommy Next Door*?

A: The ultimate message is that your personal best is attainable if you are committed to yourself and the process.

The benefit or promise in reading this book is that it will empower moms with the information and tools they will need to get started and succeed on their own post-natal weight loss journey and lifestyle transformation.

3. **Q:** Can you give us a preview of what moms will find in *The Hot Mommy Next Door* that will help them to succeed?

A: In addition to teaching moms how to define their goals, calculate their daily caloric requirements, and determine their body mass you will learn the five basic principles of the Smart Choices Eating Guidelines, as well as how to break down a day of eating. I also include user-friendly menu options complete with recipes all of which take only a matter of minutes to prepare. I also provide real life success strategies in the form of ten tips customized for you in your new role as a mom, that will support your ability to succeed in your new lifestyle. I even devote a whole chapter on how to make your workout count. To make things even easier, I designed a reusable master shopping list to help facilitate your weekly shopping trips and stock your pantry and refrigerator in accordance to the Smart Choices Eating Guidelines. You can also sign up to download the shopping list as needed on my website, www.thehmnd.com. I even list my favorite products by brands that have contributed enormously to my healthy lifestyle.

4. **Q:** What inspired you to write this book? What is your background?

A: I received an overwhelmingly positive response to my personal post-natal weight loss journey after my second child was born. I was consistently met with praise and inquiries from other moms as to how I accomplished my results as if I had a highly guarded secret. It became quite clear to me that there was a very real need to organize and make available the information I had

researched and put into practice regarding basic nutrition, exercise, discipline, and lifestyle in a mom user-friendly format.

My background is simple. I am a woman who went through two pregnancies and felt determined to get her body back as soon as possible. I'm not a celebrity. I'm just the mom next door with a story to tell that will hopefully touch and maybe even transform the lives of more than a handful of women.

As a result of my journey, I became a certified SPINNING® instructor and founded the Hot Mommy Next Door, a web source and in-person consulting service for mother of newborns and young children. I hold a Bachelor's degree from Florida State University and a Master of Science degree from Nova Southeastern University.

5. **Q:** What is the biggest misconception about women after pregnancy?

A: The biggest misconception is that moms are almost expected to have a permanently altered body in terms of weight gain after having a baby. True, while your body is never quite the same after growing a little human being inside of it, your personal best is still attainable. We can most certainly equate the image of a mom with fitness.

6. **Q:** What do you think makes *The Hot Mommy Next Door* stand out from all of the other health and fitness books available?

A: First and foremost, it was written for moms by a mom. I think that is a large part of the appeal. It is relatable because I am literally the mom next door sharing my recipe for fitness if you will. I am not a celebrity with the latest high profile diet sent to my doorstep, nor do I have a personal trainer on retainer.

It is the norm that moms look to one another for advice regarding the different stages their babies go through. I saw a great need for simple and clear information for moms with young kids and infants on how to get back into shape and improve their physical well-being. My program produces realistic results that are attainable and sustainable.

7. **Q:** How do moms wishing to drop their baby weight get started on their journey to achieve their personal best?

A: After getting the ok from your doctor to resume normal physical activity, the first step to achieving your goals is to define them. In defining your fitness goals, a good place to start is to assess your physical condition at six weeks postpartum. You must then ask yourself what exactly it is that you want to accomplish at the gym and with your eating plan.

8. **Q:** What is the biggest obstacle that stands in the way of moms reclaiming their health and fitness?

A: Well besides the sleep deprivation due to middle of the night feedings and lack of energy to name a couple, I would have to say the biggest obstacle is themselves.

Whether they lack the mental readiness, or the belief in themselves, or they fear they won't be able to reach their goals . . . the list goes on and on. Ultimately, achieving your desired results is determined by your commitment to yourself and the process, as well as by the choices you make. I am a big believer in if there's a will there's a way. You have to work for and at the things in life that are important to you. No one is going to come hand it to you on a platter. Your health and fitness are no different.

9. **Q:** Why is *The Hot Mommy Next Door* a must-read for moms who want to drop their baby weight and achieve their personal best?

A: The Hot Mommy Next Door Program™ is tailored for the lives of busy moms, whether you stay at home or have returned to the work place. As a mom on the go myself, I know the importance of organization, discipline, and simplicity when it comes to managing everything on our plates as moms. I have applied these to the program to ensure your success on your quest to achieve your personal best body.

With the time constraints of moms taken into consideration, I designed this book to be a quick read that moms can continually reference during their weight loss journey. I have done the thinking and research for you. You just have to put it into practice.