

## Alison M. Fadoul — Biography



### **America's #1 Mom Motivator!**

Alison M. Fadoul is a certified Spinning® instructor and founder of The Hot Mommy Next Door, a web source and consulting service for mothers of newborns and young children. She holds a Bachelor's degree from Florida State University and a Master of Science degree from Nova Southeastern University.

Alison (Ali to her friends) is a born-and-raised Floridian.

Originally from Miami, her family relocated to the island of Islamorada in the heart of the Florida Keys when she was just shy of eight years old. After graduating from Coral Shores High School in 1991, she went on to attend Florida State University, earning a B.S. in criminology in 1995. Then, turning down acceptance to law school, she opted instead to attend a master's program in conflict resolution at Nova Southeastern University. In 1998, M.S. in hand, Alison left the safety bubble of school, got married, and began to explore her career options. Her path led her to enter the field of human resources.

In November 2001, Alison gave birth to a son named Mason. Holding her baby in her arms for the first time, she realized she would not be going back to the corporate world any time soon. Almost three years later, in August 2004, Alison gave birth to her second child, a daughter named Morgan. With two pregnancies under her belt, weighing 12 pounds more than she preferred at six weeks post delivery, and feeling determined to get back into shape as quickly, yet safely as possible, she caught the fitness bug—then

became a Spinning® instructor. It was during this journey that Alison experienced a moment of clarity and realized she had a calling to write a book on post-pregnancy fitness.

*The Hot Mommy Next Door* is a byproduct of the massive amount of positive feedback Alison received for getting back into shape so quickly after her second child was born. Lots of other moms acknowledged and praised her efforts. Their praise, of course, was always followed by the inquiry: “How did you do it?” They were eager to get in shape, like Alison. She wanted to tell them how and explain the steps in detail, because by sharing her story, hopefully she can touch and transform the lives of more than a handful of women, rather than telling everyone how she did what she did one by one. Alison’s intention is to pay forward all she has learned and put into practice to achieve her personal best (body, that is!). Her goal is to inspire and empower other new moms to exercise and eat right so they can lose weight safely, boost their energy, and feel good and confident about their appearance.

What started out as a relatively modest project to put down on paper a short reference guide entailing the exercise guidelines and eating plan that Alison practiced to achieve her results blossomed into a full-blown manuscript with a little help from a New York-based editor whom she gratefully stumbled upon at the right moment.

Alison and her family now reside in Miramar, Florida.

To inquire about Alison’s availability and fees, please contact her via [info@thehmdn.com](mailto:info@thehmdn.com) or call 954/304-5481. Please visit her website at [www.thehmdn.com](http://www.thehmdn.com)