

Introduction

Why I Wrote This Book

The book you're holding in your hands right now, *The Hot Mommy Next Door*, is a byproduct of the massive amount of positive feedback I received for getting back into shape so quickly after my second child was born. Lots of other moms acknowledged and praised my efforts. Their praise, of course, was always followed by the inquiry: *How did you do it?* They were eager to get in shape, like me. I wanted to tell them how and explain the steps in detail, because I'm a Virgo, a woman, and I have a Type-A personality . . . so, I wrote a book. By sharing my story, hopefully I can touch and maybe even transform the lives of more than a handful of women, rather than telling everyone how I did what I did one by one.

This book is written for moms from a mom's perspective because, when it comes right down to it, that's the only real credential I have that merits the writing of this book. I'm 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.

Three years ago, after the birth of my daughter, I had a specific goal to transform my body and take my fitness to a higher level. I was blessed with two beautiful children and knew that a third pregnancy was not on my to do list. So I was ready. I began to research the information I would need in order to be successful in reaching my ultimate fitness goals. Everything I learned about taking care of my body and health is in this book.

How to Use This Book

By writing *The Hot Mommy Next Door*, I am hoping to pay forward to you the rewards I received from others, and help you take charge of your fitness and feel good about your body. It's designed to be a quick read that you could get through in one or two sittings after putting your kids down for a nap or bed, a manual you may continually reference during your journey to lose your "baby weight" and get back into shape.

Here, you will find all the information you need (but perhaps no one ever shared with you) to get started on your personal weight loss journey, including Smart Choices Eating Guidelines and user-friendly menu options, complete with recipes and a detailed shopping list, as well as goal-setting strategies and clear instructions for getting into peak condition. To the best of my ability I adopted a straightforward approach to the subjects of basic nutrition, exercise, and self-discipline.

This book is your *Cliff Notes* (if you will) to a lifestyle that I'm certain will help you get back into shape. Let's face it, as a mom with two young kids I haven't read a book since I was on bed rest during my pregnancy with my first child. I bet you don't have much time to read either.

That being said, this one goes out to **all you ladies!**