



Sun-Sentinel

Mom's the Word

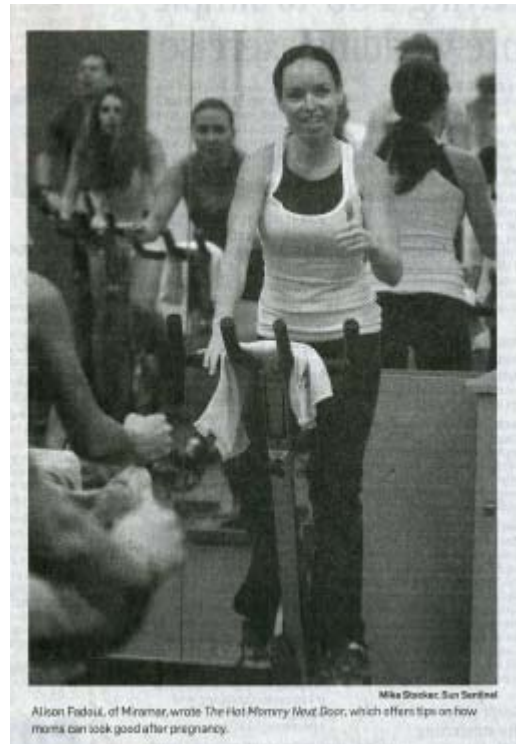
Miramar woman's 'Hot Mommy' book tells how to get in a shape that will get people talking.

By Nick Sortal
Staff Writer
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Alison M. Fadoul, author of *The Hot Mommy Next Door*, acknowledges her primary qualification is that she's a mom.

"I'm not a nutritionist, not a trainer; I'm just the mom next door, with real-life experience," says Fadoul, of Miramar, whose book (Morgan James Publishing; \$14.95) came out earlier this year.

She prescribes lifestyle changes moms can easily adopt, including smarter food choices and more effective workouts. While some of the book covers familiar ground, Fadoul deftly balances her personal story with her advice, which she fact-checked with University of Miami nutritionist Sheah Rarback.



Alison Fadoul, of Miramar, wrote *The Hot Mommy Next Door*, which offers tips on how moms can look good after pregnancy. Mike Donker, Sun Sentinel

Fadoul, 35, and her husband, Charlie, have two children, ages 7 and 4. She spoke with us recently about her book, which is designed to be "an effective way to drop your baby weight and achieve your personal best after pregnancy."

Why did you write the book?

For some moms, it's almost like an excuse: "Well, I had a baby, so my body is permanently altered." They almost don't believe in themselves. Well, why can't moms be fit? We should set that example for our kids.

What simple changes can a person make?

Learn the difference between simple carbohydrates and complex carbohydrates, the difference between white rice and brown rice. Eat to live, not live to eat. When you over-indulge, the food makes you feel good for a minute, then guilty for a long time.

Make it happen

Summer tips from Alison M. Fadoul, author of *The Hot Mommy Next Door*:

Make a game plan. With kids' activities and camps, you have to determine how their schedule will impact your routine.

Don't skip meals. Especially breakfast.

Mother's Day is almost here, so let's get timely. What role do moms play?

We moms really have the power. When it comes to health, we can affect the next generation. We make the meals, do the shopping and pick the activities for our kids.

How do husbands respond to the book?

Sometimes they have a hard time when your eating habits change. They just need to be supportive. It can only benefit them. If the wife's not feeling good about herself, then she's not going to be much for going into the bedroom.

About that title ... do you consider yourself hot?

I really don't think that about myself. People who know me know I'm just being playful. I wrote the book to help moms be the best they can be.

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Plan a "cheat" meal.

Knowing when and how you will indulge will help you resist the temptations of summer.

Keep your pantry stocked.

Having kids home around the clock during the summer dictates the need for food items on-hand to support your healthy lifestyle and that of your children.

For more info, go to TheHotMommyNextDoor.com

Alison shares her 10 tips to being a hot mom. SunSentinel.com/mothersday