



Hot Mommy

All moms have been there: You have a baby and your body goes. Getting back in shape can be a real challenge, no matter what your age, but as Lynn Martinez tells us in tonight's Parent to Parent, one South Florida mom has perfected the formula for fabulous, and she's sharing her secrets in a brand new book.

Reported by:

[Lynn Martinez](#)

WSVN -- Meet Alison Fadoul, mother of two, certified spin instructor, and did we mention, author? She wrote the hot new book "The Hot Mommy Next Door," all about getting your body back after baby.

Alison Fadoul: "I had so many moms come up to me and ask me, 'What are you doing, and how did you do it?'"

Alison realized she could pass on her own personal formula for fabulous.

Alison Fadoul: "It just came to me one day at the gym that I had to write this book to help other moms."

In Alison's book, taking care of yourself means following five simple rules: drink plenty of water and work out several times a week.

Alison Fadoul: "You want to do at least three sets of 15 to 20 reps."

Have five small meals a day, two and a half to three hours apart to boost metabolism and make sure to eat clean.

Alison Fadoul: "Complex carbs, lean protein, whole fruits and vegetables, low to no sugar and low sodium. Those are very important factors."

Alison's clients get lots of pointers.

Alison Fadoul: "It's really important to eat your fruit instead of drink your fruit."

And they get great results too.

Sivy Del Rosario: "I lost 60 pounds. When I started this program I was weighing 181 pounds, and I was close to a size 18."

Eleven months later, Sivy looks and feels great, and so does third time mommy-to-be Rosie.

Rosie Gonzalez: "I really think it makes me a better person, a better mom, a better wife. I feel confident in myself, and I feel good at night. I feel good that my kids are eating healthy."

Alison says all moms can be the hot mommy next door, they just have to make a commitment to a healthy lifestyle and stick to it.

Alison Fadoul: "Once you're a mom and a wife, and you're wearing all these different hats, it's really important to remember who you are, take care of yourself and be true to yourself."

FOR MORE INFORMATION:

Alison M. Fadoul

<http://www.thehotmommynextdoor.com>