



How to be a hot and healthy mom!



Ten tips from Alison

(Mike Stocker/Sun Sentinel / April 22, 2009)

Mother's Day also marks another turning point in the year: Summer is approaching.

"I know it's a scary thought," says Alison M. Fadoul, author of **The Hot Mommy Next Door**.

Here are her tips to keep cool and stay fit..

<http://www.fox2now.com/sns-health-how-to-be-a-hot-healthy-mom,0,2451525.photogallery>