

Mommy Hottest: A Miramar mom's book is aimed at helping women get back to their pre-pregnancy shape [The Miami Herald](#)  2009-05-19

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(photo: WN / Rubielyn Bunag)

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Alison Fadoul, a 35-year-old mother of two in Miramar, is author of the newly published *The Hot Mommy Next Door* (\$14.95, Morgan James), a **diet** and exercise **book** for **women** who want to get back to their pre-pregnancy shape (or improve on it). A certified spinning instructor, she holds a bachelor's degree from **Florida State University** and a master of science degree from Nova Southeastern University. Q: Why all the recent interest in being a ``hot mommy"? A: I think every mom wants to be hot; they...

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