

AMERICA'S #1 MOM MOTIVATOR GETS REAL TO HELP MOMS GET FIT

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Of the many challenges facing new moms, getting back into shape after the birth of a baby can be one of the most daunting. In **The Hot Mommy Next Door**, Alison M. Fadoul, America's # 1 Mom Motivator, shares her method for shedding unwanted leftover baby weight and does so in the friendly tone of a caring best friend. Just one of the moms herself, other moms are able to identify easily with Alison and to realize that they too can achieve incredible results on their quest for excellent health and fitness-if they put their minds to it and commit to themselves.

Alison advocates a fit lifestyle that combines her Smart Choices Eating Guidelines with a consistent exercise regimen that she outlines in quick, easy-to-follow chapters. Alison's inspiring, straightforward, and good-natured approach to the subjects of basic nutrition, exercise, discipline, and lifestyle empowers women to take charge of their own health and fitness. She is part life-coach, part cheerleader in motivating moms to develop a can-do attitude.

The goal of the program is to help moms develop healthy habits in regards to exercise and nutrition that will result in higher levels of fitness, increased energy, and improved self-confidence. Alison says that this in turn will help them become better parents, wives, daughters, sisters, and friends.

The fitness section simplifies the process of defining and setting goals, interpreting measures of body composition analysis, and integrating exercise regularly into daily life. Both the cardiovascular and weight training components of the exercise regimen are addressed to stress the importance of combining the two as key to achieving desired results.

The nutrition section simplifies food by breaking down the macronutrients, (protein, fat, and carbohydrates) into two categories, healthy and unhealthy. Five principles of the Smart Choices Eating Guidelines are outlined to further simplify nutrition and to steer moms in the right direction. Sample menus and recipes for the recommended meal schedule are provided and fit the on-the-go lifestyle of a mom with young children.

The Hot Mommy Next Door includes many motivational inducements for maintaining the program otherwise viewed as a lifestyle. Also included are practical suggestions for time management, suggested food pantry contents, and downloadable grocery lists on the companion Web site, www.thehotmommynextdoor.com.

Alison M. Fadoul is a certified SPINNING® instructor and founder of the Hot Mommy Next Door, her Web source and consulting service for mothers of newborns and young children. She holds a Bachelor's degree from Florida State University and a Master of Science degree from Nova Southeastern University. She currently resides in Miramar, Florida, with her husband and children.

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