

# Real Moms Real Fit

Ann Kinney: Inspiration All Around





MOMS AND DAUGHTERS TAKE TO THE STREETS.

When it comes to sharing the joys of fitness, you don't have to look any further than a group of moms and tots in Florida. Keen on giving their daughters a taste of a community fun run, three women got together and signed up for a race to benefit cancer in Deerfield, Florida. "We came in at the back of the pack, but it was such a great experience for the kids to see all shapes and ages in this race - from the 25-year-old hard bodies at the front to the 80-year-old men and women walking to the finish line," says Ann Kinney. Her best friend, Jodi Sipos with seven-year-old daughter, Katie, her friend Diane Magdaleno and Ann's own

five-year-old daughter, Melissa, finished the race to cheers from supporters. Her best tip? Don't overestimate your kids' abilities - and be prepared to piggyback if need be!

## Smart Snacks

Sometimes it's tough to tempt your toddler with the right stuff. Here are a few of the best ways to stop the munchies.

TYPE	WHAT YOU GET	WHAT TO REACH FOR
 Grainy Goodness	B vitamins, iron and fiber for an energy boost	Rice cakes or crackers, bagels, bran or whole-wheat muffins, multigrain or rye bread
 Fruit and Veggies	Vitamins A and C, folate and fiber	Carrot sticks, green and red pepper strips, fresh fruit, or vegetable or unsweetened fruit juice



BROAD STROKES - FOR BABY'S SAKE, KEEP UP WITH GOOD ORAL HYGIENE.

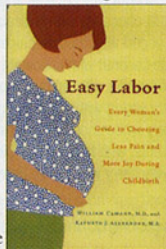
## Brush it off

When it comes to good habits, there's nothing better than brushing your teeth. In fact, a growing body of research indicates that *not* brushing your teeth and flossing can lead to gum disease, which, in turn, may result in a wide array of health problems, including low-birth-weight babies. Four out of every five Americans are believed to have gum disease, or periodontal disease, according to the National Institute of Dental and Craniofacial Research, which is part of the National Institutes of Health.

Replace the easy-to-reach-for chips and candies with colorful apples and oranges.

## Easy Labour (we promise)

Are you kidding? Less pain in childbirth? According to Dr. William Camann and Kathryn Alexander, it isn't too far off the mark - all you have to do is a little legwork before the big day arrives. In their book, *Easy Labor: Every Woman's Guide to Choosing Less Pain and More Joy During Childbirth* (Ballantine, Books, 2006), the authors detail pain-free options, techniques to calm yourself during labor, facts on epidurals and a host of other issues related to the experience of childbirth. Go to [www.easylabour.com](http://www.easylabour.com).



## MOVE OF THE MONTH >

### Overhead One-Arm Triceps Extension

Get strong baby-toting arms. Fitness expert Lena Johannesen shows you how.

**HOW TO DO IT:** Sitting on the edge of a bench, keep your knees bent and your feet flat on the floor. Bring one dumbbell behind your head, keeping your elbow close to your ear. Without arching your back, slowly straighten your arm to full extension. Lower your arm to the starting position and repeat.

**TIP:** Keep your abs tight, but remember to breathe throughout the movement.

