



WOMEN'S HEALTH

Celebrating Mom: The Everyday Athlete

(NAPSA)—Motherhood and athleticism go hand in hand. Demanding daily schedules, children and careers keep moms on their toes, morning, noon and night. Just as proper training is key to an athlete's success, an exercise routine and meal plan can keep mom strong and energized, too.

A diet rich in whole grains, fruit, vegetables, lean meat and low-fat dairy products, along with 30 minutes of physical activity most days of the week, can help keep a woman at the top of her game. Getting there is the challenge, but with a little guidance, success can be just around the corner. The Wheat Foods Council and its *Mom, The Everyday Athlete* program offer the following tips for moms looking to train their inner athlete and enhance their health:

- **Focus on variety.** Including foods from multiple food groups at each meal can increase overall vitamin and mineral consumption. Add strawberries to whole grain cereal, crackers to vegetable soup or granola to yogurt.

- **Fuel up.** An energized body makes for a more effective workout, so grab a high-carbohydrate, low-fat snack 60 minutes prior to working out. Carbohydrates are the body's preferred fuel source. Whole and enriched grains are a premier source of carbohydrates and contain B vitamins, which help the body convert food to energy. Grab a handful of pretzels or peel a banana.

- **Find strength in numbers.** Support from other moms with



A healthy diet and regular exercise can help moms keep up with demanding schedules.

common health and fitness goals is a valuable asset. Enlist a friend, join a "mommy and me" class or find a local mom-specific fitness group.

- **Set goals.** Goals, fitness or nutrition related, big or small, provide motivation and a sense of accomplishment. Aim for two additional servings of vegetables or whole grains per day, ride the bike an extra mile or sign up for a 5K race.

Mom's status as an everyday athlete will be celebrated during the *Mom, The Everyday Athlete* nationwide run/walk on Saturday, May 19, 2007. The Wheat Foods Council will partner with seeMOMMYrun, an organization that helps moms begin or find running/walking groups in their area, to host the event.

Moms can register at www.wheatfoods.org. Participants will receive a free pedometer to track their steps and access to training resources, which can help them effectively nourish their bodies and maximize fitness ability.