



Health & Wellness News

How Athlete-Moms Meet Household Challenges

(NAPSA)—Watching elite athletes perform at the highest level is inspiring. While most people never compete professionally in sports, it's fun to see athletes attempt physically extraordinary acts.

But few examples may be as inspiring as the life led by the athlete-mom. She balances rigorous training routines and nutrition plans with laundry, diapers and playtime.

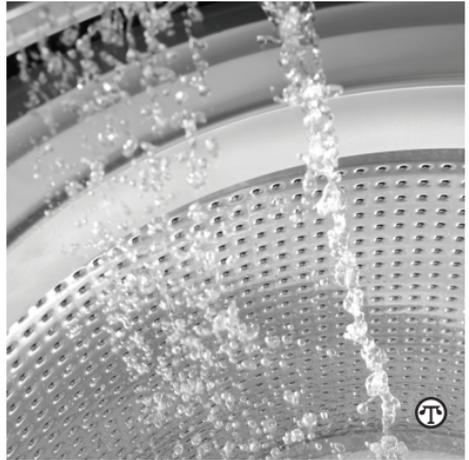
According to the U.S. Department of Labor, professional athletes work more than 40 hours per week on average, including weekends and holidays. Some are also moms. Here are some household tips used by athlete-moms to manage their action-packed lives.

Strength in Numbers

One of the hardest parts of being a parent is finding time to exercise and make healthy choices. The solution? Find a friend or two, and make a plan to exercise together or brainstorm ideas for healthy dinners. If you are new to an area, sites such as meetup.com are great for finding like-minded new friends in casual, fun settings.

Rise and Shine

Having a hard time checking those errands off your list? Looking for just 10 minutes of "me time" to have a cup of coffee and read your Tumblr feed? Do it early in the morning. It can seem like a painful idea to sacrifice any precious sleep, but let's be honest: You could probably go to bed a little earlier. Chances are you'll be too tired during the middle or end of the day to make any measurable or enjoyable progress. Get up early and tackle that to-do list



Athlete-moms have found clever ways to save time in their busy schedules.

when you're rested and much of the world is still asleep.

Time-Saving Items

You can try to wrestle time back from your busy day or you can actually save some time with the right household products. Take it from Olympic gold-medalist, pro-swimmer and mom Amanda Beard, who recently switched to the high-quality Maytag Bravos XL washer and dryer. According to Beard, "I used to constantly rewash my son's clothes because many spots just wouldn't come out. My dryer never got hot enough, so I had to wait hours for everything to dry. Not anymore. My laundry is perfect every time, plus Maytag is an American company I know I can depend on. Go, Team USA!"

The next time you see an inspiring athlete who is also a mom, remember that it's the little things that help her succeed in sports, as well as at home.

For more information, visit www.maytag.com.