



I am a busy mom. What can I do when I feel I've lost my fitness mojo?

Between work, family friends and housework who has the time, right? It's all about carving a little time into your day for you! Create or stay with a schedule. Keep it simple. When your day is hectic, aim for at least 10 minutes in the day to do something physical.

If you are bored with the same fitness class or routine, try something new. Sometimes changing the location or a fitness routine can spark a renewed interest. Remember: it's what you do consistently over a long period of time that counts.

