

Lifestyle Tips



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Busy Lives and the Women Who Lead Them

There are thrills and spills on any course through life. Many women will grow and change through a variety of significant roles, including wife, mother and employee. Each role places different demands on a woman's time, and is often associated with changes in physical activity levels. But, no matter what else a woman has going on in her life, it's important that she take time to be physically active. Here are some tips to help women stay moving at various pivotal stages:

New wife

As a new wife, you may be experiencing new living arrangements and less time for yourself, as you and your partner figure out how to fit your lives together. You can try:

- Joining a co-ed soccer team. You can get fit together—and with others—plus, you will look cute in your matching jerseys.
- Visit a farmer's market together. Walk around, connect with your community and purchase some healthy, local produce.



- Sexercise. Not only is sex great physical activity, it will also strengthen your relationship.

Being active, both with your baby and on your own, will help you deal with the new demands and delights in your life. You can try:

- Postnatal yoga. The classes are specifically designed for new moms.
- Checking out "strollerfit," or another



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New mom

All of a sudden, you have someone completely dependent on you, 24/7.



exercise class for baby and mom. Get fit while spending time with your baby, and meet women who can sympathize with your diaper stories.

- Going for a walk. The motion of the stroller will soothe your baby as you move your way to being a fit mom.



Retirement

Retirement does not mean sitting on the porch in a rocking chair. Now you finally have the time to do all the physical activity you didn't have time for when you were working. You can try:

- Diving into aquafit. Water provides added resistance to your movements, but also supports your bones and joints.
- Donating your time as a volunteer. Many volunteer opportunities require you to be active, and it's a great way to give back to your community.
- Joining a golf league. Golf allows you to play and interact with other people, get a lot of exercise, and enjoy the outdoors.

Becoming a grandparent

Ask most grandparents, and they'll tell you that being a grandparent is more fun than being a parent – gee, thanks mom! A great way to spend time with your grandchild is to do something active together. Not only will you get more activity into your day, but your grandchild will get the opportunity to learn healthy habits and share his or her interests and activities with you. You can try:

- Walking your grandchildren to school. Work obligations may prevent the parents from walking their children to school, but if you

have the time, you will help establish this daily active habit.

- Sign-up for a new activity, like karate, where students are grouped based on skill and not age.
- Take a family hike. Include both your grandchild and your child—after all, your kid wasn't that bad!

