



Baby Boot Camp provides moms a way to get a workout without having to find a sitter

Photo by Suzzi Issa



Awakened Yoga Studio offers childcare on certain days to its clients

Workout Choices for Busy Moms

Balancing motherhood and fitness with routines tailor-made for mothers

Written by Taryn Burnett

Finding time for fitness is a challenge for many people, and busy moms are no exception. Fortunately, fitness experts in and around Sugar Land have created workouts ideal for moms with limited time. Jamie Pilloff with Awakened Yoga Studio is well-versed in helping busy moms match their fitness needs with the perfect class. “Moms love yoga because it is a time when they can take an hour just for them,” says Pilloff. “It calms the mind and body for better patience and understanding.”

Personal trainer Jeremy Smith has been helping people get back in shape and increase their fitness levels since 2005. He primarily trains clients at the Fort Bend Family YMCA but occasionally will create home-based workout plans for clients who have at least some basic equipment, including five- and 10-pound dumbbells, a yoga mat, a medicine ball, and a bosu ball or balance pod. A personal trainer like Smith can help moms meet their specific fitness goals.



Yoga combines poses with focused breathing to provide a full-body workout



It's possible to get a great workout and spend time with family

Photo by Suzzi Issa



Group classes provide support for busy moms

Photo by Gabby Malcuit Photography



Running builds greater endurance, better metabolism, and is a mental de-stressor for moms

Photo by Gabby Malcuit Photography

Jessica Forray runs Baby Boot Camp, which provides moms a way to get a work out without having to find a sitter. She was originally a Baby Boot Camp client and liked the program so much that she became a nationally certified instructor and eventually purchased the local franchise. “Many moms complain that they want to get rid of the baby weight, but everything they have tried has not worked,” says Forray.

Bringing Along Baby

Though finding time for fitness can be a challenge, finding time for fitness and having childcare lined up is a double challenge. Gym memberships are costly enough without having to pay a babysitter. Luckily, many of these tailor-made mommy workouts have childcare in mind, too.

Baby Boot Camp combines workouts for moms and play time for children, meaning there are no babysitters to track down, schedule, or pay. Music, visual stimulation, and interactive activities are included in the classes to occupy the children. Awakened Yoga Studio offers babysitting on Tuesday, Thursday, and Friday mornings to help moms stop in without first having to find childcare.

Many gyms, including the Fort Bend Family YMCA, Dynamic Fitness, and LA Fitness in Sugar Land, offer childcare for members. Each gym is different, with some offering childcare only during peak morning and evening

hours, so make sure to shop around and find a gym that best suits you and your child’s needs.

Finding the Workout for You

Baby Boot Camp uses the mom’s own weight as resistance to tone muscles and elevate their heart rates. Forray uses cross-training methods to provide moms with a thorough workout during each class, using strollers for strength training and resistance bands to help tone. “I approach my Baby Boot Camp classes as personal training in a group setting,” says Forray.

“Everyone there is trying to get back in shape after having a baby,” says Melissa White Raynor, who joined Baby Boot Camp last year. “It’s a group of moms, so I don’t feel intimidated like at a gym.” When she can’t find time for class, Raynor uses the workout routines posted on the group’s Facebook page.

For Kerry Padilla, who began at Baby Boot Camp almost two years ago, it is all about making the time to work out. “I decided to make Baby Boot Camp a priority Monday through Thursday, and I avoid appointments as much as possible during our class time,” she says.

Running clubs are also a great way for busy moms to squeeze in a strong cardio workout. Life Time Fitness hosts



Photo by Suzi Issa

Members of the Sienna Running Club train and compete together



Personal trainers can help moms meet their specific fitness goals

“Moms love yoga because it is a time when they can take an hour just for them.”

- Jamie Pilloff, Awakened Yoga Studio

the Sugar Land Run Club, which offers group runs for all ages and fitness levels throughout the week. The Sienna Running Club, based in Sienna Plantation in Missouri City, includes runners of all levels and welcomes new participants to take a test run without becoming members first.

Vinyasa, a type of yoga, combines poses with focused breathing to provide a full-body workout. Between each position, movements are synchronized with breathing, helping work several muscle groups simultaneously. Power Yoga Sculpt uses hand weights to create resistance during the full-body workout. The routine increases core stability and sculpts muscle. PiYo Strength is a challenging workout that combines elements of Pilates and yoga.

“This rigorous class increases agility, balance, and strength,” says Pilloff. “PiYo is a fusion of athletic conditioning, functional training, rhythmic movement, and Pilates.”

Working Out Without the Gym

If you can't get to a gym or a class, Smith recommends several workout basics that you can do around the house. Core and abdominal strengthening exercises are especially important.

Smith suggests doing 15 repetitions of each exercise at least twice a day, three days a week. Some of the best exercises for core and ab-strengthening include bicycle crunches, wall squats using a fitness ball, lateral raises using light dumbbells, stationary lunges, and shoulder presses using dumbbells. “While cleaning, bend your knees and do squats or lunge to pick up clothes or toys,” says Smith. “The entire day can be a moderate workout.” SLM

TARYN BURNETT is a freelance writer and photographer who lives in Missouri City with her husband.

Where to Go to Get Fit

Awakened Yoga Studio

Sugar Land Town Square
2230 Lone Star Dr.
Sugar Land
281-491-0221
See ad on page 107

Baby Boot Camp

4033 Hwy. 6 S.
Oyster Creek Park
Sugar Land
713-515-1450
See add on page 92

Jeremy J. Smith,
Personal Trainer
713-885-4848

Sugar Land Running Club

Life Time Fitness
1331 Hwy. 6
Sugar Land
281-340-3100

Sienna Running Club

9119 Hwy. 6 S.
Suite 230, #185
Missouri City
832-387-4772

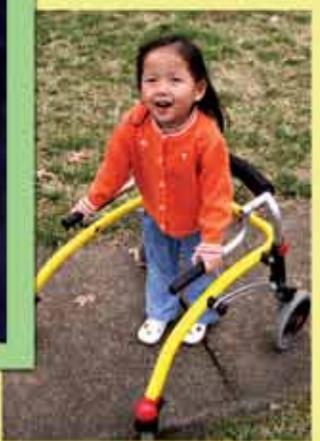
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