

Be healthy for you.

Sleep:

In bed by 9:30pm every night.

If children are taking naps together - nap!

Eat:

Real Meals: Breakfast, Lunch, Dinner

Snack 2x/day: fruit & milk or veggies & cheese

Drink a full glass of water after every nursing.

No veg. oil, flour, sugar, juice, processed food.

Do not eat past 7:30pm.

Vitamins daily - for me and children.

Move:

Do Pilates 1-2x/wk.

Do Yoga 1-2x/wk.

Run 2x/wk.