



Trends and Tips for living a fashionable and fabulous life

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Fit Mom Profile: Cheryl Fenton

POSTED BY NICOLE FELICIANO ON FRIDAY, JANUARY 22, 2010
LABELS: FIT MOM PROFILE, HEALTH, MOMMY FITNESS



What is it about these Boston Moms! Not only do they rule the virtual world, Moms like Cheryl Fenton are also proving that success with a business and a family does not have to come at the loss of your fitness. This 38 year old mother is a beauty and fashion blogger (Her [Easy Peasy Blog](#) is a must-read for mommy fashionistas). But for right now I'm focusing on her fitness tips not her advice on [how to wear red lipstick](#).

Fitness goal for 2010: Flat abs so I can wear a bikini again!

Biggest fitness accomplishment: losing the 75 pounds I gained while pregnant.

I like working out:

- a.) alone
- b.) with groups

Alone: I love the quiet time—walking with the dog, Rollerblading with my iPod, on my Arc Trainer reading magazines.

You can find me:

- a.) at the gym
- b.) on the mountain
- c.) in front of my favorite DVD
- d.) with my wii

A or D. I love the anonymity of going to the gym, focusing on the work out with my headphones on. My husband also showered me with Wii workout gifts this Christmas: EA Active, Yoga for Wii and Wii Fit Plus. I also love my Cybex Arc Trainer—the best investment I could have made for my health.



My favorite time of the day to workout:

Easy Peasy

Just "WOW" Them - Part 3 Wearing a Statement Necklace

Afternoon. I usually sneak workouts in during naptime. It's also a great way to split up the day.

My sneaky fitness trick:

I involve my daughter. She loves to sit on the couch and watch mommy play tennis on the Wii. Or sit in the jogger stroller,

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run.

Why I workout:

As a beauty and fitness writer, I'm constantly talking to experts about ways to be healthy and beautiful. I love applying what I've learned to my own life. I'm happier when I know I've done something good for my body like exercise. And I look better too!

Favorite fitness brand (shoe, apparel, etc.):

I love my *New Balance sneakers*.

I'd like to try _____ this year to keep my routine fresh.

More yoga. I used to do yoga when before my daughter was born. I slept better and seemed to be more even-keeled. I want to get back into it.

Best workout song ever:

Anything with a driving beat, like old school *Mighty Mighty Bosstones*, *FooFighters*, *Prodigy*. But don't discount *Beyonce's Single Ladies!*

A typical week's worth of workouts looks like:

- Monday: Gym for 30 minutes cardio, 30 minutes weights
- Tuesday: Gym or Arc Trainer for 60 minutes
- Wednesday: Wii for 30 to 60 minutes
- Thursday: Gym for 30 minutes cardio, 30 minutes weights
- Friday: Arc Trainer for 60 minutes
- Saturday: Wii for 30 to 60 minutes
- Sunday: rest

I stay motivated by:

Keeping things challenging. When I feel like the workout has become too easy, I kick it up a notch by increasing the level or weights. The Wii also lets me change things up with different fun activities.



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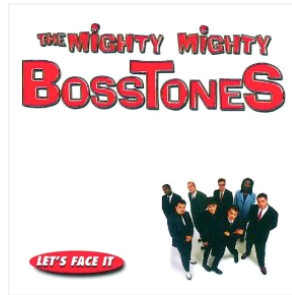
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