



THE BUSY MOM'S (and anyone else who thinks they don't have time to be fit) HANDBOOK FOR FITNESS & HEALTHY EATING

Denise Hough

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There has never been a day that I had so much going on that I said, “Well, I just don’t have time to brush my teeth.” Or, “Sorry kids, I know you’re hungry, but I’m too busy to make dinner.” Shaving my legs...well, I have skipped that when I really shouldn’t have!

My name is Denise. I have my B.S. in Exercise Science. I am a certified personal trainer, run my Women Only Fitness Camp and sometimes have hairy legs. But most importantly I am a mommy to two little girls ages three and six, and I am busy beyond words.

Being a working “Super Mommy”, I found myself having a difficult time fitting in my workouts. I knew that not only would this have a negative impact on my health, but because of the field I am in this would also have a negative impact on my business. Because let’s face it, who wants to hire a personal trainer who looks like they need to hire a personal trainer? I HAD to figure out how to keep myself in shape.

My book, The Busy Mom’s (and anyone else who thinks they don’t have time to be fit) Handbook for Fitness & Healthy Eating, is a "how to" fitness guide for busy moms who think they don't have the time or energy to eat healthy and exercise. Unlike the many dry and monotonous technical manuals available, it uses a conversational, "tell it like it is" tone to create an entertaining, engaging handbook that helps moms break through the excuses and embrace fitness as an achievable necessity.

This is a quick, often humorous read, full of great ideas and practical information.

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