



Many women find relaxation through Yoga which offers many health benefits



With equipment, classes, and childcare, it's no mystery why gyms are so popular

7 Workout Choices for BUSY KATY WOMEN

Experts agree that finding a fitness routine you enjoy increases your chances for success. Here are some of the most popular workout choices for busy Katy women.

Written by Kenzie Stanfield

Whether you work part-time or full-time, in the home or out, all moms have been there; frazzled, tired, and in desperate need of some “me time.” Often, Katy moms take wonderful care of their families, yet sometimes put their own needs last. The good news is just one hour, a few times a week, can work wonders to help energize and recharge a busy mom. Here are some of the most popular workouts for Katy women.



CrossFit is preferred by women who want a rigorous workout with weight training, cardio, and more



Some Katy women join local fitness groups, like Katy Fit, where they can team up with others and train for 5K runs and marathons



Personal fitness instructors keep clients on track and personalize training



It's possible to get a great workout while spending time with family

1. YOGA

Yoga provides busy moms an opportunity to pull back from a crazy, hectic day to become both physically and mentally strong. Due to the calm, peaceful environment, yoga “cultivates mindfulness, a positive self-image, and teaches you to be in the present moment,” says Annette Le Pavec, owner of Artmontage Yoga in Katy. Just a few of the many benefits of yoga include better sleep patterns, weight-loss, a supportive community, and the ability to de-stress. Kim Minnick, a busy mom of 4 and recent resident to Katy, strongly agrees. “I wanted to explore something new and restorative, outside of a traditional health club,” she says. “Yoga is an all-over body workout. I love the intensity and the therapeutic benefits.”

2. GYM

With classes like Zumba, Pilates, Spinning, Swimming, and more, there are plenty of options for moms to stay fit at their local gym. Top that off with free childcare, and it's no wonder gyms are convenient for Katy moms.

Another important benefit of a gym is the opportunity to meet and connect with other busy moms. “I just love the whole family aspect of the YMCA,” said Amy Dyble, mother of three. “It is so much more than just a workout. The instructors and staff are so encouraging and supportive; they are just inspiring.” Dyble would know. She has lost an

impressive 80 pounds through a weight loss program and support from the YMCA.

3. PERSONAL TRAINING

Hiring a personal trainer offers many benefits to a busy mom, asserts Ryan Kobermann, CSCS, of ESN Health. Our private, customized one-on-one training studio is punctual and efficient, allowing busy moms to show up, workout, and go on about their day.” A personal trainer can assess fitness levels, set customized personal goals with their clients, and motivate clients through personal accountability.

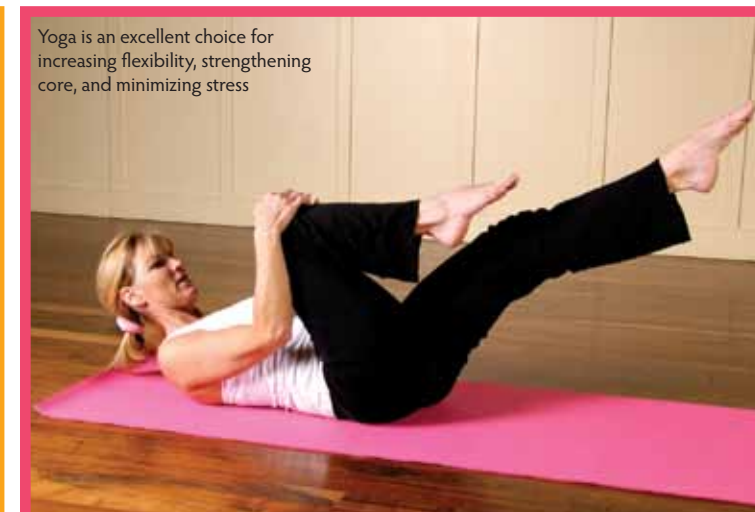
Becky Litton, a client of ESN Health, says the benefits to having a personal trainer have far surpassed other exercise options she has explored. “This has been a total lifestyle change,” she says. “I quickly reached my ideal weight and the best part is the accountability.” Many who have personal trainers say they love the individual instruction, the support, and how great they feel about reaching their goals. “I feel good, am in a better mood, and have brought healthy living into my home,” shares Litton.

4. BOOT CAMP AND BABY BOOT CAMP

Boot Camps have become popular because of the fast weight loss results they can deliver, and convenient before and after work classes they offer. Combining cardio drills, strength training, and core work, boot camps have been effective



ESN Health offers Katy women one-on-one training from certified professionals



Yoga is an excellent choice for increasing flexibility, strengthening core, and minimizing stress

in helping clients trim up at record speed. A nationally franchised stroller fitness program, Baby Boot Camp Katy offers all the benefits of a traditional boot camp with a few bonuses, mid-morning hours and you get to bring your child. “The beautiful thing is that there are no excuses not to work out,” says Maria Gorosito, trainer and owner of Baby Boot Camp Katy. “You are able to bring your babies with you, get back into shape or even better shape, and develop a real sense of community with other moms.”

Jacqueline Bryant, local mom and a Baby Boot Camp member, says that the varied workouts, group atmosphere, and bonding with her daughter have been the highlights. “A healthy mom means healthy kids and a healthy family.”

5. CROSSFIT

CrossFit is based on the premise that all the workouts center on movements that mimic real-life, combining strength and endurance. Moms definitely understand the physical demands of each day and CrossFit Katy coach, co-owner and mom, Lezlie Reeves says they can help. “Everyday tasks as a mom become easier as we become stronger and more fit. We set tangible goals and track our workouts because every mom likes to see progress.”

With a variety of class times and each class lasting one hour, working out 3-5 times a week is tangible for virtually every mom. Coaches provide both one-on-one and group instruction in that hour, and CrossFit members are encouraged to push themselves to the limit. Bradi Redmon, mom of two and member of CrossFit Katy, sees the benefits. “I’ve never stayed consistent and accountable at any other gym for this long. CrossFit is fun and has the same feel as a sport; it has made me realize I can do so much more than I thought.”

6. RUNNING GROUPS

“What I love about running is that it’s simple,” says Katy Fit coach Candice Furman. “You don’t need any special equipment except some good running shoes, and you can run anywhere, anytime, anyplace.” Running has existed since the creation of time but running groups and training together for a shared goal can make a somewhat individual sport feel more like a team. “I love running with Katy Fit because of the camaraderie,” says Jen Smith, local Katy mom and runner.

Katy Fit is a 5K, ½ marathon, and full marathon training group that runs from July through January of each year. Following a time trial, each participant is placed in a running group and given a training schedule to help each runner attain goals, build endurance, distance, and speed throughout the ensuing months. Just a few of the benefits of Katy Fit include on-site coaching during organized runs, a set schedule that you can accomplish with the group or on your own time, and the obvious physical benefits including

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greater endurance, better metabolism, and a mental de-stressor. "Running is something I can do for myself and it gives me a bigger purpose," shares Smith, who runs for the non-profit Living Water International.

7. ATHLETIC PERFORMANCE COACH

"Train smarter, not harder" is the motto of Third Coast Training, a weight loss and athletic performance coaching facility. Using science to assess a client's metabolic profile, the coaches develop a specific training plan based on profile results. You are then entrusted with your plan and begin your workouts. Once a quarter the client returns to the facility to reassess and update the training plan, but just know, this isn't a program for those that might need daily encouragement or motivation from a group, it is a self-directed approach. "I would recommend this to any busy mom because the plan is specifically designed for my body based on my metabolism. I've seen great results and have lost 35 lbs. since I began," Jill Rives, Katy mother of two says.

There are so many choices for getting a good workout and depending on individual needs; there is an option for every busy mom in Katy. While this list is not exhaustive, it does give most moms a place to begin. Other possibilities include Zumba or dance classes, Pilates, spinning, swimming, or

even at home video series. The bottom line is this - moms who exercise tend to be happy, and when mom is happy, everyone is happy. **KM**



KENZIE STANFIELD is a freelance writer for Katy Magazine and is married to her high school sweetheart. They have four children and are loving life in Katy.

KATY FIT FACILITIES

<p>KATY FAMILY YMCA 22807 Westheimer Pkwy. 281-392-5055</p>	<p>KATYFIT 281-596-4504</p>
<p>ESN HEALTH 22756 Westheimer Pkwy. #160 281-395-0827</p>	<p>THIRD COAST TRAINING 14536 Memorial Dr. Houston 713-487-7708</p>
<p>ARTMONTAGE YOGA 2501 S. Mason Rd. #240 855-666-8243</p>	<p>KENYATTA & CO STUDIO-ZUMBA FITNESS 172 Applewhite Dr. 832-891-7488</p>
<p>BABY BOOT CAMP KATY Various locations 713-392-0899</p>	<p>PILATES AND MOTION 21322 Provincial Blvd. 713-471-0683</p>
<p>CROSSFIT KATY 1315 W. Grand Pkwy., S. #110A 281-827-2668</p>	<p>MARY JO PECKHAM COMMUNITY CENTER-SWIMMING POOL 5597 Gardenia Ln. 281-391-4482</p>

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