

When there is a will... mommy finds a way!

Are you a busy, tired mom who is looking forward to some alone time to work-out/run/be with your thoughts and relax but you don't have anyone to look after your children? Well, I have the solution! And no.. it's not staying at home drawing some more or making play-doh snakes (eww).

The solution is much simpler than that and I felt like a genius when I came up with it!

You take your children with you!

Yes, no stressing over babysitters or missing out on your favorite activities!

I got my daughters really excited about going together on my usual running route! We (*well,..that's a lie... THEY decide on their own what they want to wear and gave me the 'you can't tell us what to wear' speech when I tried to intervene so.. yeah.. ☹*), chose really comfy and warm 'working-out' clothes, (*so what if it's the middle of August? ...its the Netherlands here ... the summer took the year off*). We made really nice ponytails, made sure there won't be any toilet emergencies on the way and we were set to go.

Oh... we also ate magical cereal bars that give lots of strength and apparently make hair blonder ☹

Me, Sofia and Emilia ran and walked for 4,01 km in 45 minutes and it was absolutely great!

And although we have been going for many walks and [outdoor activities](#) over the years and even for test runs before a [school charity event](#), this was somehow different. Sofia seemed to be better at endurance while Emilia was faster ☹

Teaching children positive values, learning to love themselves

and lead healthier lifestyles, are all things they will naturally mimic (among with everything else too). Being a [good role model](#) is not as hard as some people think. It all starts from changing yourself first and the rest will follow.

Till next time xxx







Monday, August 15, 2016 7:47 PM

Friends Mindful Run Outlook

August 15, 2016 - 7:47 PM

4.01	44:54	11:12	249
Mi	Time	Min/Sec	Calories

How did this run feel?

Bad Okay Great

Your 12th fastest! Compare your 3-4 workouts

Notes

There are no notes for this activity

How was the weather?



**Nobody owes nobody nothing.
You owe yourself.**



In 2014 I started running on the treadmill my mom gave me years ago. Having it in my garage was a great asset. When you have to look after 2 small children, do housework, cook three times a day for 4 people, work, study and spend a bit of time on yourself too... going to the gym or even walking outdoors is not really an option.

Especially in the beginning of a [difficult weight loss journey](#) where motivation is non-existent. **I am sure many women know exactly what I mean.**

I was doing a combination of walking/running for 20 minutes once a day. At first this was, as expected, really hard. Mostly because I wasn't in the right psychological state for something that requires a lot of self-discipline, strength and incentive.

As I have written before, **all the 'great' work-out/healthy eating advice is meant for people who are already fit and have lots of time.**

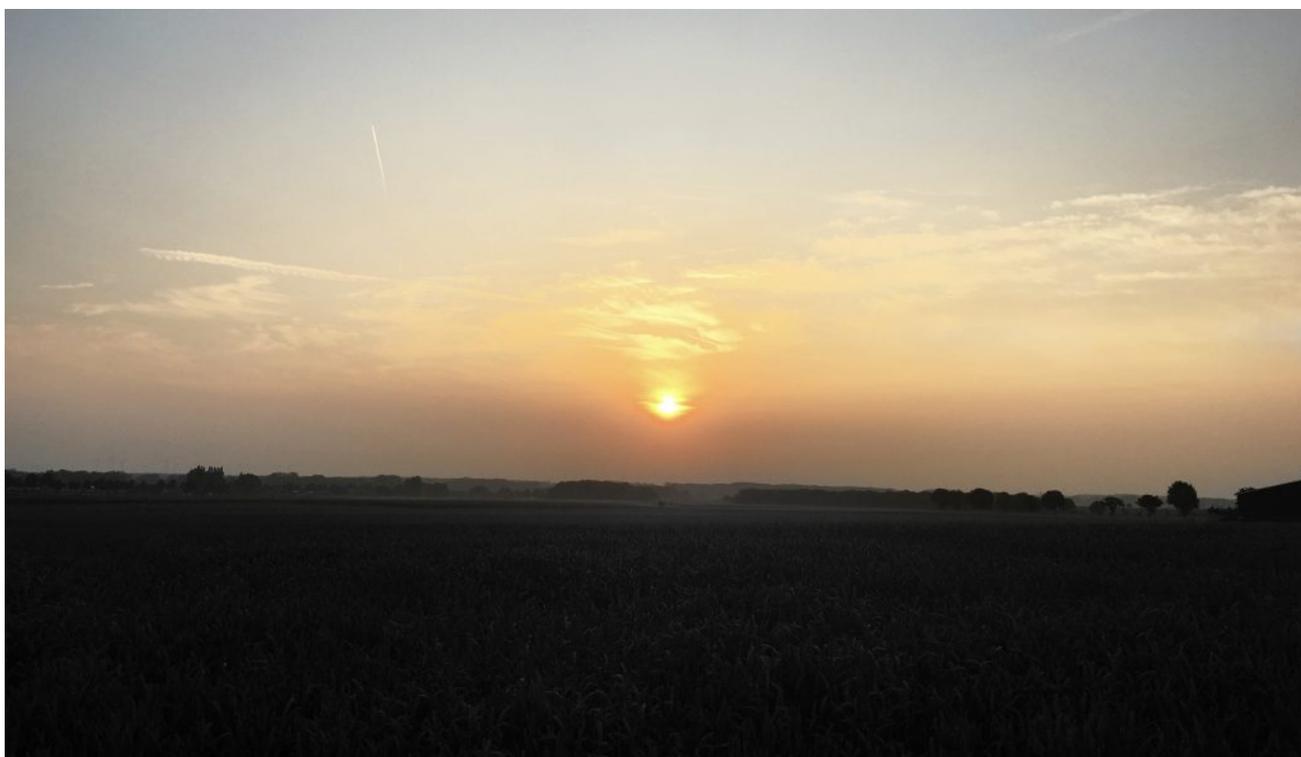
In real life, most women/moms do not have the right emotional, mental and physical resources to follow such regimes. If only trainers and healthy eating gurus were able to identify with the every day person and with people who go through all sorts of problems, including mental health ones, they would be able to help more.



I have talked to so many women who end up feeling worse and confused after visiting such health websites or weight loss YouTube channels rather than motivated and inspired.

I decided to ditch all that and follow a strategy that felt more natural to me... more humane. Feeling restrained from eating specific things is kinda depressing and goes against my Mediterranean 'enjoy life while you are still alive' view.

Balance is the key here so in moderation you can eat everything you want as long as you are sensible about it. I was never the one to live off salads and herbs all day long.



I love food, I love cooking for my family, I love sweet treats and I love my relaxing wine nights! Losing weight, working-out or making any change take place needs conscious effort and mindfulness! It will not happen on its own, not by magic, and not by someone else. It is all intentional and committed work determined 95% by YOU.



In August 2014 I would have never believed that one day I would be able to run a lot. In 2015 I was officially diagnosed with [Multiple Sclerosis](#), a cracked heel, a bad ankle and other health issues. After a compulsory running break of 4 months, ordered by my doctor, I was back at it.

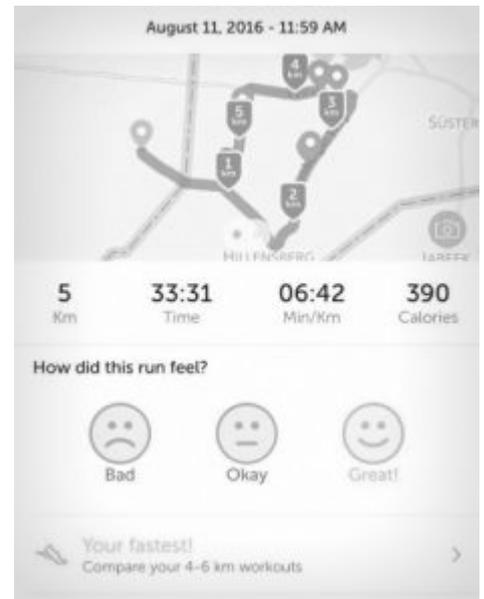
This time I started running in the fields, streets, grass and up the hills (although there are soooo few of those in Holland).

There were some bad days and then some harder ones. On those days I was inspired the most.

Very few people in the world wake up carefree and motivated – the rest of the human population lacks that. That's ok, though, because I learned that **MOTIVATION FOLLOWS ACTION...** so you do it anyway regardless of how much you really want to or not.

However, **I have decided long time ago to love myself first** and that is more important than any of the things above.

Last night I slept for 2.5 hours..because...children. This morning I felt exhausted and the weather was so cold and rainy. The Dutch apparently have skipped the summer season entirely ☹️ I made a plan of going running later on the afternoon.



Then I read a story of the girl who has MS and collapses on the floor after each run. **I also saw a post from a brave woman who despite her Rheumatoid arthritis diagnosis has taken part in so many Marathon events.** I then thought of all the strong men and women I have met and who are so supportive to each other every single day. **So I stopped stalling and headed out.**

Thirty-three minutes, 5km and a lot of Rocky themed music later I was back enjoying a nice cup of coffee celebrating my own record-breaking time. **(Almost) everything is possible ☹️**

Till next time xxx

“Until you start believing in yourself, you ain’t gonna have a life.” – Rocky