

Fitness, Family & Fun at RunMom.com

It has been said that Motherhood is the toughest job you'll ever love. Today it seems to be true in more ways than ever. Now moms feel the pressure to not only be a wonderful spouse, homemaker and caregiver; but also to stay in great shape, and often to balance a career in the mix too.

With all those things to consider, RunMom.com was created... a Labor of Love for founder, Kathy Poston, who found that there was a lot of information out there about fitness, running, triathlons, etc. and a lot of information for Moms in general, but not as much to help us combine the two while still having fun. Kathy says, "Being a Mom is the most important thing I do in my life, and my exercise routine keeps me sane and is vital to my ability to be a good Mom. I thought it would be great to develop a site to bring women together to find help maintaining a healthy balance in our busy lives. Juggling family, work and fitness is a BIG challenge. We run all over town taking care of our families; we run to get to the kids to practice, we run to get to work, run to the gym, or sometimes just RUN for ourselves to have some thinking time. The purpose of the site is to provide support and some fun."

At RunMom.com, you'll find some creative tips for fun family fitness, you can read the latest Mom Race/Event Story of the month, or simply celebrate your Fit Mom status and shop the on-line store. RunMom is always looking for women to join the forums to share their experiences too. You don't have to be a "Runner" or super athlete; everyone is welcome because we can all use support. The word "run" in the name truly focuses more on the fact that as a mom, you seldom get the luxury of taking your time to do anything. You are always "running" somewhere.

What if you are not a MOM? Well, don't let that stop you, you can think of the site < Kathy and all of their members as YOUR "RunMom" - someone who cares about you, wants to help you do your best and is thrilled to hear your stories.

At RunMom, Kathy does not pretend to be an expert in any fitness field or at being a Mom. She says, "I am a solid 'Middle of the pack' runner and triathlete. I am an IronMan and an IronMom! I definitely know I need some help with a healthier diet! However, I am a fanatic about learning all I can to keep me doing this and having fun. And I know I try to be the best Mom that I can be and am amazed daily by the LOVE I have for my children. So combining those two ... I got creative and came up with something that is fun and challenging for me and my family. I LOVE IT!"

Joining RunMom.com is FREE. Login today to start sharing and getting the support you need to be a RUNMOM!

Visit www.RunMom.com today.

By: Kathy Poston