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# Mommies on the Move stay fit

Woman's Web site helps unite people for regular workouts

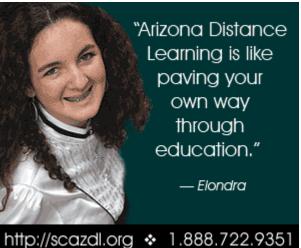
Sept. 7, 2005 12:00 AM

Casey Rhode is one of a growing number of fitness-minded East Valley moms looking for a workout that lets them bond with their baby and other mothers.

The Gilbert woman exercises a couple of times a week with other local mothers she found on a Web site she created to network with other like-minded women.

Rhode's group, Mommies on the Move, is a smaller version of a national organization called See Mommy Run.

advertisement



"I ran into seemommyrun.com while I was researching mom's clubs and activities," said the 30-year-old who is mother to an 11-month-old. "It's a totally free membership and seemed like a good way to meet people with the same interest in being healthy.

"I established the Mommies on the Move group to start exercising in order to lose the leftover pregnancy weight and to meet other moms."

Mommies on the Move schedules walks around the Gilbert community of Seville from 6 to 6:30 nearly every weekday morning.

See Mommy Run also is responsible for groups that meet all over the country, boasting 5,300 members nationwide.

"It allows moms to register and find a running or walking group convenient to their geographic location, schedule, and fitness level," said owner Andrea Vincent. "If there is not a group convenient for you, you can start a new group and invite others to join you. Basically, it is a Web portal that helps moms meet other running or walking moms."

Vincent, a 37-year-old stay-at-home mom of one daughter in Manassas, Va., began seemommyrun.com a year ago.

"After becoming pregnant I knew it would no longer be an option to run with my husband at 5:30 a.m. before work, especially since I would be a stay-at-home mom soon," she said.

The main Web site is seemommyrun.com and Mommies on the Move can be found at seemommyrun.com/az. Both sites are free. There is no charge for registering or participating or starting a new group.

Rhode said that her group meets together for activities beyond their morning walks, including swimming lessons, spa days and shopping trips, and makes plans for a baby-sitting network.

"It has been my only source for meeting other moms and a great way to be obligated to exercise," Rhode said.

"Some groups even have cross-training meetings or meet at a local gym," Vincent says. "But we also get together for coffee, outings for the kids, play groups, moms' nights out, family picnics and much more."

A study in a recent issue of the *Maternal and Child Health Journal* found that women who maintained or improved their activity level after having a baby reported being better off than women who didn't exercise or dropped in their fitness level. Another study last year concluded moms in a stroller-walking group were more fit and less likely to be depressed than those in a regular support group.

Kirsten Sorenson welcomes comments and story suggestions at kirstensorenson2005@hotmail.com.

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