

PHOENIX CHILDREN'S Hospital

pchhandprints.org

CLICK TO MEET
DR. BUCHHALTER

Get to know
Buchhalter, M
and h

News | Sports | Money | Entertainment | Arizona Moms | Food & Home | Style | Travel | Photo | Video | Español
Search

marketplace

- » JOBS
- » AUTOS
- » REAL ESTATE
- » RENTALS
- classified
- local shopping
- newspaper ads
- coupons

families & education

- Education**
- ▢ College Guide
- Pets**
- Amber Alert**
- Recycling**
- Worship Directory**
- Weddings**
- Celebrations**
- Money Wizards**
- ▢ Tuition Planner
- ▢ Cost of Living
- ▢ Salary
- ▢ Job Assessor
- ▢ Salary Timer
- ▢ Executive Pay
- ▢ Millionaire Maker

kids & families

» [Print Article](#) » [Email Article](#) » [Most Emailed](#) » [Bigger Type](#) » [Smaller Type](#) » [P](#)

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

"Arizona Distance Learning is like paving your own way through education."
— Elondra

<http://scazdl.org> ❖ 1.888.722.9351

"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.

Subscribe to [The Arizona Republic](#) for 50% off the newsstand price!

Ads by Google

Find a Local Mom Group

Search and meet mothers near you Join a community of helpful parents
www.RaisingThem.com

Stay At Home Mom - \$1576+


Weekly Stuffing Envelopes At Home! \$5 Per Envelope You Stuff-Start Now
www.HomeworkMadeEZ.com

Want To Work From Home?

We've Prescreen Dozens Of Work At Home Jobs. Trust Us. No Scams Here!
www.Paid-Work-At-Home.com

SITE MAP [azcentral.com main](#) | [news](#) | [sports](#) | [money](#) | [entertainment](#) | [arizona moms](#) | [arizona travel guide](#) | [food & home](#) | [style](#) | [photo video](#) | [shopping](#) | [español](#) | [weather](#) | [classified](#) | [jobs](#) | [autos](#) | [real estate](#)

CUSTOMER SERVICE [terms of service](#) | [privacy policy](#) | [contact The Republic](#) | [subscribe to The Republic](#) | [Newspapers in Education](#) | [The Republic in your community](#) | [about The Republic](#) | [jobs at The Republic](#) | [jobs at KPNX-TV](#) | [about KPNX-TV](#)

PARTNERS USA Today | Gannett Co. Inc. | Jobs: CareerBuilder.com | Cars: cars.com | Apartments: apartments.com |
Shopping: ShopLocal.com |  Network Member

Copyright © 2007, azcentral.com. All rights reserved. Users of this site agree to the **Terms of Service** and **Privacy Policy/Your California Privacy Rights** (Terms updated March 2007)