

#KSPMomsChallenge Q&A

9 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=A3P4U1H5MEK](https://www.youtube.com/watch?v=A3P4U1H5MEK)
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SUMMARY

The KSP Moms Challenge aims to empower mothers to prioritize their fitness and well-being, emphasizing the importance of self-care in the busy lives of moms. The initiative encourages moms to incorporate exercise into their daily routines, showing that when mothers take care of themselves, their children are likely to adopt healthy habits too.

- The challenge was inspired by the realization that moms often neglect their own needs while caring for others.*
- Fitness brings happiness and is essential for maintaining a healthy lifestyle, which can influence children positively.*
- Early morning workouts (5 AM) are suggested as a way to find personal time without obligations to others.*
- Home workouts, YouTube videos, and fitness apps are recommended for convenience and variety.*
- Engaging in physical activities with children, such as swimming, can enhance family bonding and fitness.*
- Overcoming self-sabotage is crucial; maintaining a positive mindset helps in staying motivated.*
- Meal planning and preparation are important for maintaining a healthy diet and ensuring personal nutrition.*
- The challenge encourages community involvement and feedback for continuous improvement and support.*

[Music] hi guys a lot of you guys have been asking us about what prompted the KSP moms challenge and I thought it's a great platform for me to share really how the whole idea come about so as moms I often feel that we put ourselves and like you know the last thing on our to rule is like we pack things for other people we packed a snack boxes their classes you know everybody has to get to

work or you know we'll just get busy on the treadmill trying to get things organized for other people and that's precisely why we put ourselves in order of priority is the last one and I realized what fitness does to me and how happy it makes me and I just see like in the cycle of being a mom you often neglect yourself and that's just really do bring back the woman behind the mother and that's exactly what we're

trying to do with KSP mom's challenge trying to make ourself it because we realize nope we're fit the children are just going to follow suit and they will understand the importance of healthy living and and about fitness so that's exactly why we started the KSP moms challenge and we have you know we're doing it up CJ why so you can follow it on Instagram and Facebook and see our stories every day or what we're reading that I kind of diet the right kind of

food the right kind of exercise and just too she really is really motivate you to just get up and make that difference for yourself the second question that we have why a lot of people ask us it is about Wi-Fi of am honestly I haven't figured out another better time to do this because his moms are you wrestle biggest reason

why we kind of neglect ourselves or forget bath and work out every day is either a lack of time over obliged

somebody else to be taking care of our kids so 5am kind of work for me because I realize that ok the kids are asleep there's nobody else and that's pretty much my me time so I can you know do whatever I want and there's there's no obligation like I know nobody else is taking care of them some some people prefer mornings or some people prefer evenings after the workout or whatever and I just kind of feel well if that

works the unit's great but for me I just feel like it just added on piles of guilt into oks my kids are something else and I'm trying to work out at least the 5am produces all the gear that I had okay I'm not stealing away from that and being a working mom and trying to do homework out so that's why a 5am work out and its cost you're doing a home practice it works very very well but if you're doing any other class

it doesn't matter what time today you really work out as far as you work out but if you have also asked me that how do I work out I know it's really tricky like I figured out home practice works best for me because of the hour that I work out like I said if you have another option where you're taking a special class of personal training and well you know it works it works better for you I

definitely use a lot of YouTube videos because I've been obviously following fitness for a while and I've been practicing yoga for long to try and be able to do it on my own you know at home I also use a lot of apps because I love trying out different workouts and I've been trying the bar workout mat Pilates body sculpting interval training high-density interval training yoga infused with high intensity so I like to try different combinations because

otherwise when you're working out alone it kinda gets really really boiling so it's very important to keep giving yourself that you know motivation and break and whatever to just make it more exciting i hope see to a class on saturday when i go for yoga class because you know i'm still learning and not where i want to be i think in a practice you will never be but you really want to be because it's always trying to better

yourself each time i started learning swimming with my kids I think that's a great form of workout and I try and do that please for twice a week because I don't want to be that mom sitting outside and you know instructing okay do this do this do this I sometimes feel that it works well if you're taking instructions and you know what your kids are going through and why not maximize on that time of just working out while

your kids are also working out so so that's that's about and I was obviously in the comments below leave some things are the apps that I use and some channels that i use and i'm sure that you know it's going to help a lot of you guys next question we've got is two I ever feel lazy of course I do but I think shake too kind of getting up and working out is you know the nature worker don't have a

conversation with yourself this Michigan in that conversation moon is where you do the damage if you just before you just and having that conversation just get up and get out and just don't think about it just don't give

yourself that space and you should be fine I also think it comes from a fact that if you sleep your whole eight hours there's no way that you're not going to be able to you know work out of get up or feel lazy

or give yourself up ed of course once a week is great day and you must give that to yourself because it's very very self so I definitely think that you know if you sleep well so I've kind of one who's change while I said match that my kids and I sleep with them and I wake up with them and I just realized that it works beautifully because again I'm not obliged for anybody else to take care of

my kids or I know that they're doing stuff with me so it's absolutely okay so yeah of course so like I said no self-sabotage and the next question where the big got is you know a lot of people asking us about you know how you do the kids come in but we know how to get your kids used to it so the fact is that of course your kids won't get used to it and and the good part is that they

won they were you know come Monday you they would crawl and you they were take your phone away they might pull your mad or I remember when I was really small and now she's about four is when you know she would just take it when i'm doing like a bridge pose or something she like crawl under me if I'm doing a headstand should come and give me a kiss when I'm actually upside down but they flew over it the good part is that there

shall secure that they know when you wake up 5am or they've woken about us you know how to tell and when they usually wake up at about 6 650 and I feel like it works well because they kind of know that okie moms around and they know that it's become father they have it they know that she's around and this is what she's doing so they kind of secure they possibly come and lie around Oreo sometimes my older one would work

out with me so it makes it interesting and excited to a bowl of us and and she understands the importance of fitness and she also understand that it makes me happy so she will tell me and mom it makes you happy just go ahead and do it because they know that I get really cranky if I don't exercise so they know that the best thing is that let mommy exercise and she will be absolutely absolutely fine um the other question

that a lot of you guys have obviously ask me is you know on on on you know how do you keep going about motivating yourself and I think the easiest is never self-sabotage because that's what women do very well so you will have this conversation with yourself out okay you know it's a 13 and really don't need to do this tomorrow what I really don't need to do that among or we feel like okay us in a weight or now I do need to

do this or I don't need to do that but that's really not what it is about or don't don't give in when you've gone too far as far as you make it as part of your habit you know I think it works really well so never you know never try to sabotage human situation the other Android popular question we've got is online wheel plans a lot of you guys have like taking pictures of that and ask me how the hell do i coordinate

on that in a plan that mean plans actually an exercise in size sheila is that that's the only way i can draw in my

kitchen and it works brilliantly because it's time with my older one school lunch menu and a large prep is done the previous day or you know over the weekends where we kind of make things that go into their personal or you know into my snack boxes because I eat a lot and I eat frequently so it

just makes it a lot easier so I am I'm very glad that a lot of you guys have us as part of make plans and will keep those who wait for you but trust me they will collect wonder then if you follow them there's no way that you were to starve yourself and I think the best thing is just make sure that you always pack boxes for yourself so beat you know the trail mix that we have and you must

check out that video right there or if you want to check out our urban myth because it get a glass full of almond milk we make it at home you can again check out the recipe on our channel if you make any of these at home there's just no way on why you wouldn't be able to eat it or carry it'll feel your cell and be happy in achieve whatever your goal is being held fitness weight loss

whatever that is so I'm just hoping that love you guys are going to join us in the case bemoans challenge what would you like to see on the chaos daemons challenge or who would you like us to speak to please leave that in the comments below and of course don't forget like share subscribe on our YouTube channel because it only helps us and motivates us to do a lot better thank you so much guys and I look

forward all of you joining in on the KSP moms challenge