

# Work, Raise Kids and Be Healthy – That’s a Challenge!

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By Serena Chenoy

Trying to fit in a healthy lifestyle when you’re a working mom with young children can definitely be a challenge. Often I hear myself saying I am tired or if only I had more time. The question is... how do you live a healthy lifestyle between the stresses of shuttling to and from daycare or school,

working full-time, and planning and cooking meals?

The answer: I am still trying to figure that one out, but I’m making progress. Eating healthy is definitely a start and luckily I like to eat healthy foods. I want my kids to learn at a young age that they need to eat healthy to grow up to be big and strong (I usually tell this to my four year old to get him to eat his peas). Kids can be fussy so feeding them foods that are fun, yet nutritious, is a great way for the whole family to be healthy. This morning I decided to try one of Anthony Sedlak’s recipes; [Cheeky Monkey – Cocoa-LoCo Banana Smoothie](#). I took out my Stonyfield yogurt and my blender and served it to my son with a fun twisty straw. Delicious!

I also usually plan a few meals on the weekend and cook for 2-3 hours on

Sunday. This way when I get home late from work I can warm up a nice, healthy meal for my family and we aren't forced to order in fast food.

Now if only I could find the time to hit the gym 3-4 nights a week ...

**Media Contact Name:** Serena Chenoy

**Media E-mail:** [schenoy@enzyme.ca](mailto:schenoy@enzyme.ca)

**Media Phone:** 514 524.6464

**Media Web Address:** <http://enzyme.ca/blog/index.php/2010/11/25/work-raise-kids-and-be-healthy-thats-a-challenge/>

**Company Web Address:** <http://stonyfield.ca/en/our-yogurt/recipe/39>

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