

MOM LIFE

activate YOUR SPACE

There's potential to make any room a healthy hub—you just need to prep for movement and munchies. *By Lauren Mazzo*

FIT DECOR

Think big when you pick a play mat, and you can both bust a move.



Pad strategically

"I keep a superthick exercise mat in the middle of the living room. It doubles as a play mat for my 1-year-old and an ongoing reminder to do a floor workout: plank, bridge, hollow hold, single-leg squats, and push-ups. I also have an exercise ball—it was once a daily baby-bouncing device—that doubles as a tool for stretching and some quick exercises."

—Lauren Williams, trainer and founder of Chisel Club online workouts

▲ Lay out good-for-you bites

"I like having nuts out in bowls—sometimes I'll even spice or season them. They're a crunchy, flavorful swap for chips, plus they have fiber, plant-based protein, and heart-healthy fats. A serving of pistachios is about 40 nuts, which is a substantial snack."

—Maya Feller, R.D., founder of Maya Feller Nutrition in New York City and mother of two

Put a band by your remote

"I keep a resistance band near the TV, and if I watch for a half hour, I'll go through a bunch of moves nonstop so it's a real workout—biceps curls, squats."

—Alison Sweeney, actor, exec producer of *Chronicle Mysteries*, and mother of two

Rock some socked feet

"I always have socks on when I'm home, so anytime I'm in the kitchen cooking or in the living room, I can do gliding moves like mountain climbers, speed skaters, and curtsy lunges on our hardwood floors. I include my kids whenever they want to move with me—and they do 80 percent of the time."

—Bianca Buresh, founder of Body by Buresh online routines and coach for digital home gym Tonal

Have a hand weight in every port

"Keep dumbbells in multiple places in your house to fit in basic exercises: Choose one functional movement per day, like alternating lunges with overhead presses, and every time you have five minutes to yourself, do three sets of 12 to 15 reps of that exercise."

—Taylor Walker, trainer and health coach in the San Francisco Bay area



Pistachios: Getty Images