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[http://www.momlogic.com/2009/04/spring\\_planning\\_holly\\_robinson\\_peete.php](http://www.momlogic.com/2009/04/spring_planning_holly_robinson_peete.php)

## Spring Planning

**Holly Robinson Peete:** All of us moms have just witnessed the same time period of the school year: Spring Break. The kids are home from school, some for a week and others for two weeks. And so we plan: activities, vacations, camp. Anything to keep them occupied and from driving us batty...



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...After the shoot, I came to that realization every mom has ... What about me? I've cared for the family, planned vacation for the kids, given time to work and advocacy, but what about me? And so I thought I needed to better care for myself and chose one thing I thought I could control: [diet](#). Like every mom, I eat with the kids ... potato chips, McDonalds ... or I eat at work events ... passed appetizers, cheese plates, wine. But my eating isn't balanced or healthy on a regular basis. And as we head into Spring, and then Summer, I wanted to make this my goal. But being a crazy gazulti-tasking mom, with kids, work, husband, travel, moving all on my plate I wasn't sure I could give this my full attention and dedication. So I asked for help! I've decided that if someone can get me started, put me on a routine I can take it from there.

So I put Rodney and myself on [Freshology](#) (yes, hubby too ... I'm not doing this alone!). We are fortunate enough to be able to have a food delivery service (although not for an eternity ... but to help us get our routine started). And we aren't doing it to "diet," but to [get healthy](#), eat proper portions, shed some pounds, gain energy. I've done these types of services before, although not this one. I'm excited to get going ... to refresh myself with a balanced diet which I know in turn provides a healthy mind and an energy source I don't get from eating my kids' leftovers. But let me be honest ... I'm truly excited about the convenience of it all, and well, the dessert!

Now Spring Break has come and gone. Take a moment for yourself ... before you have to think about summer vacation!