

health & fitness

PHILLY'S *Healthiest* MOMS

the **10!** show

INTRODUCING PHILLY'S 10! Moms! This regular feature is brought to you by MomSpace Magazine and NBC10's 10! Show. Together, we're featuring 10 Moms in each issue of MomSpace Magazine.

We'll pick a different topic each issue, and ask you to nominate a mom that you know that should get a "You Go Girl!" from the entire Delaware Valley!

This issue, we're featuring Philly's 10! Healthy Moms. These 10 women were nominated online by their friends and families as women who do their best to live healthy lifestyles, while helping their families and the communities around them to do the same.

*Next issue
we'll be featuring
Philly's 10!
Earth Friendly
Moms, so be
sure to nominate
a mom at
[www.momspace.com!](http://www.momspace.com)*



PHILLY'S HEALTHIEST MOMS



Trish Boas

Trish dedicates herself to living a healthy lifestyle, being motivated to look and feel good every day. She eats a diet of fish, chicken, and vegetables, low carb and low sugar foods. Her workout is a regimented 2 hours a day, 5 days a week and she has recently consulted a diet/workout “guru” to enhance her program for maximum benefit. Trish is a role model especially to her boys, ages 5 and 7. She is dedicated to ensuring that her kids live a healthy lifestyle through diet and regular exercise, as well as having them participate in the community. In Trish’s spare time she is a school homeroom mom and makes Welcome Neighbor visits to greet community newcomers. *Trish is from West Chester, PA and was nominated by friends, Wendy Lehman and Pat Murphy.*



Amy Otey

Amy’s life revolves around giving to her community, family and friends the knowledge and gift of exercise and good health. Amy has built her career around teaching preschool children to stay healthy and exercise. By creating music and songs, the children learn that their bodies are truly amazing and that exercise can be fun! In addition, Amy teaches yoga (at 6:30am!) to adults to help them find their center balance and relieve stress. As a Boy Scout leader, Amy recently helped a troop achieve their Presidential Physical Fitness badge. *Amy was nominated by her friend, Florinda Friend.*



Raluca Milinichik

Raluca recently lost more than 100 lbs in one year! The blog that she created, ralucasweigh.blogspot.com, contains her tips, detailed daily menus, and pictures. She is very excited about her “weigh” of losing weight and hopes it will work for others who are starting or continuing on their own weight loss journey. *Raluca was nominated by her husband.*



Sharon Napoli

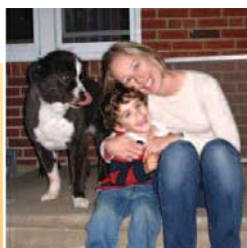
Instead of driving a car around town to take care of everyday errands, Sharon rides her bike! She hitches up a bike trailer so her two children can come along for the ride. She pedals her oldest child to pre-school and then her youngest accompanies her to the store. In the summer, Sharon plants a vegetable garden for her family and pets to enjoy (their tortoise loves tomatoes!). *Sharon was nominated by her sister.*



Kim Savino

Kim leads and promotes a healthy, balanced lifestyle for herself and her family. She exercises and takes yoga classes regularly and enjoys reading, learning, working and volunteering. Her home is stocked with natural and organic products from local farms/stores in Chester County and her diet is a balance of proteins, fruits, vegetables, seafood and healthy supplements. Even Kim’s kids, Samantha, 15 and Christian, 11, eat everything from wild salmon to rare tuna and California sushi. The Savino’s new Wii Fit keeps the family together as do regular stints on the trampoline and walks around their development. *Kim was nominated by her husband, Domenick.*

PHILLY'S HEALTHIEST MOMS



Tricia Perez

Tricia was an athletic trainer who saw the need to help moms get in shape during and after childbirth. She began training herself and then started her business, One Fit Mama, to help new moms and moms-to-be realize their potential through a proper fitness program. She teaches that moms can be happy with their bodies and be the person they want to be. Tricia's friend, Mark, calls her "an amazing person". She runs her own business and is raising her hearing impaired son

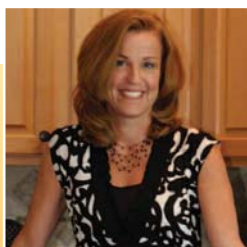
alone. He says, Tricia "never says a word about how hard life is. She is incredibly upbeat and we need more people like her." Tricia was nominated by her friend, Mark Gambol. (onefitmama.com)



Amy Portale

Amy's husband describes her as a "one-of-a-kind perfect healthy mom". Five days a week, all year long, Amy rises at 5:45 AM to go for a 45 minute run in time to be home to prepare breakfast and get the kids ready for school. She also lifts weights in the basement home gym as often as possible. Amy has participated in the 3-Day Breast Cancer Walk in Philadelphia, the Marine Corps Marathon in Washington, DC, The Broad Street Run, Philadelphia Distance Run and dozens of other

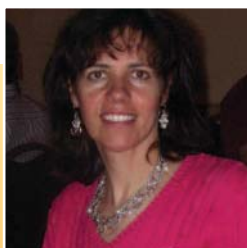
races. Her four children are healthy, happy and fit - all multi-sport athletes; a reflection of Amy's strong positive influence. Amy was nominated by her husband, Joe.



Suzy Stauffer

Suzy is a 44 year old mom of three children who is very passionate about promoting family health. She believes a mother truly has the power to influence the health of the people around her through her own transformation. "So, I had to start with a commitment to my own health before I could help others", says Suzy. After working hard and finding success, she created a website called Beyond the Bus Stop. It is a place for moms to find resources and tools

to take action and create a healthier lifestyle. She helps mothers and their families use workouts and nutritional plans that are realistic, fun, affordable and life changing. Suzy believes, "we owe it to our children to set a good example and to teach them how to lead others toward optimal health and well being! It's the ripple effect that will change this crisis around". Suzy was nominated by a friend. (beyondthebusstop.com)



Ann Ferentinos

Ann is very committed to promoting a healthy lifestyle for her and her family.

She is dedicated to working out and makes it a point to ensure her three children are involved in organized sports and physical activity. "It's great to see our children stretching or getting a cardio workout along with Mom", says Ann's husband, Peter. Ann eats a completely healthy diet, and over time has transformed the family diet to a balanced and nutritional one. Her kids are reading nutrition

labels and want to eat right to help in sports and school. "Ann's commitment has paid off well. She is in great shape, and looks fantastic. Our whole family is healthier thanks to her devotion", continues Peter. As President of the Chadds Ford MOM's Club, Ann helps promote a weekly playdate, where the focus is on healthy play for the children in the club. Ann was nominated by her husband, Peter.



Alexa Hamill

Alexa leads by example. She is a single mother to an active 5-year-old son, who admires his mother's athletic strengths, and is secure in his new pursuit to play the game of soccer. Alexa has run in the New York City Marathon, the Philadelphia Marathon and qualified for the Boston, which she ran in April 2008. Her running enhances a choice she made early

in life to live a healthy lifestyle. Her tenacity, self-discipline and dedication in these runs have

influenced her family and colleagues. "Her father and I are very proud of our daughter!", says her mom. *Alexa was nominated by her mother, Bernadette Grove.*



Mary Beth Fabrizio

Mary Beth, a teacher, has not only been inspiring to her students but to her children as well. She is constantly at the gym and supporting others to get healthy.

"My mom is probably one of the healthiest people I know. She has always remained healthy and active ever since we were kids", says her daughter, Amanda. Some members of Mary Beth's family started the Weight Watchers program and she has been a great source of support for them. Amanda, now an

adult, has many lasting memories of how her mom has always put family first. She says, "I am so blessed and honored to have her as my mother." *Mary Beth was nominated by her daughter, Amanda.*

Pictures by Todd
PHOTOGRAPHY

Real People

Real Moments

Real Memories...

Real Easy!

