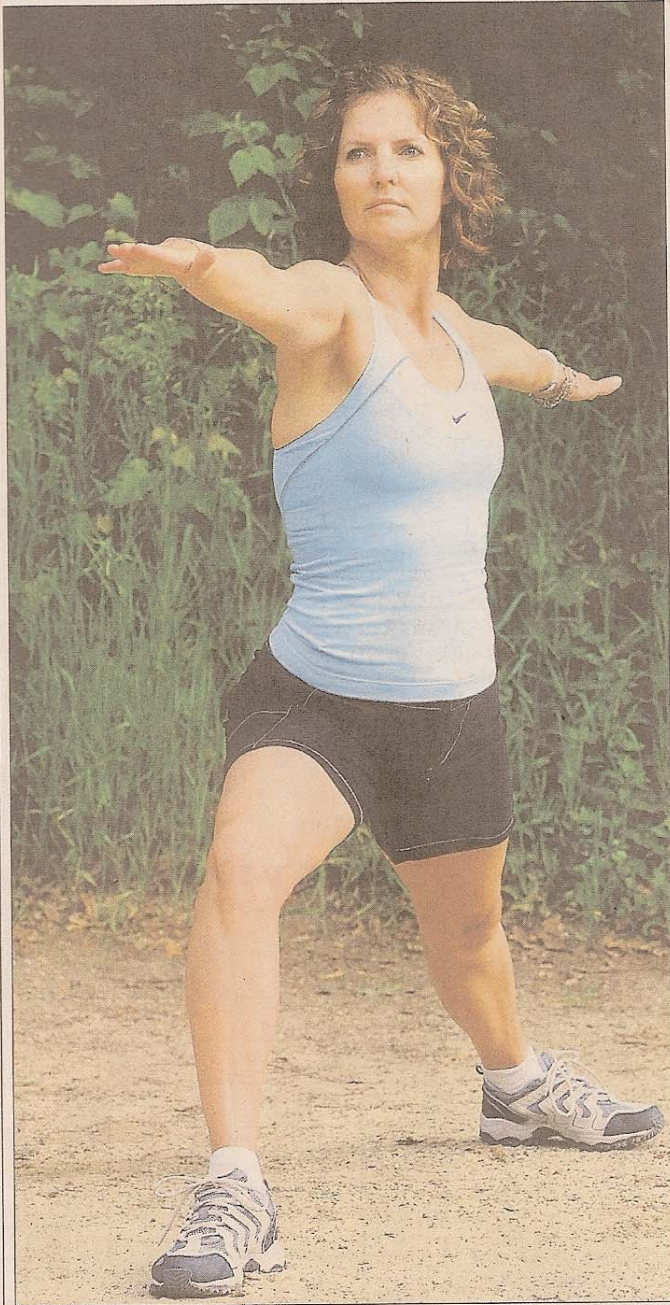


Terri Baumgardner • Grand Rapids Press 6/24/08

NE GR Series EcoTrekker & newest EcoTrek Series Leader, beginning in August:
North Kent County Series Leader!

TUESDAY, JUNE 24, 2008 E3

VITAL SIGNS: A PROFILE IN BETTER HEALTH



PRESS PHOTO/JON M. BROUWER

Yoga for health: Terri Baumgardner strikes a pose known as the warrior during a workout.

Every Tuesday, The Press looks at someone who puts a priority on living a healthier life.

Terri Baumgardner, 40

Rockford

Occupation: Stay-at-home mom, home manager

of soccer with your kids.

Eating plan: I love to eat, so I say everything is OK in moderation. I try to maintain a healthy diet most of the time, but I don't deprive myself of a treat now and then.

Guilty pleasure food: My homemade chocolate chip cookies

Biggest health challenge:

Finding the time to exercise with two young boys and all of life's activities

Favorite healthy food: All fruits and veggies

Breakfast today: High fiber cereal with a banana

Exercise routine: I work out as much as I can. I take a Pilates class once a week and Eco Trek twice a week; I love to walk with friends and I play tag, hockey and soccer and ride bikes with my kids.

Daily doses: I don't take vitamins. I try to eat right to get all my nutrients.

Exercise tip: Find something you love to do, and do it. Find a workout buddy, if that will help motivate you and keep you accountable. Don't look at exercise as all-or-nothing. If you have 10 minutes in your day, do something to get your heart pumping; take a walk or bike ride, or play a quick game

Healthy advice: To me, being healthy means eating right and exercising; it's not a number on a scale. Find something you love to do, and do it. If you love what you're doing, it won't feel like exercise, it will be fun!

Want to be featured in our health profile column? Send e-mail, including your name and phone number, to yourlife@grpress.com