

# #OlympicMoms

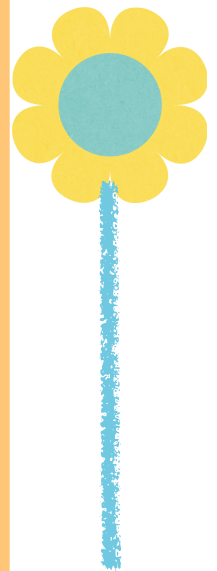


If you're a mom, like us, you might have heard yourself say recently, "I'd love to find time to get to the gym;" "I wish I had the energy to make a healthy dinner at night;" "It's really time for me to eat more vegetables;" or "I'd like to spend more time, just playing with my kids;" and you've needed the INSPIRATION to take ACTION.

*We've got it! For 14 straight days beginning Friday February 7, 2014 ~ What's more inspiring than ~ The Olympics!*

Let's gather together (moms, dads, grandparents and loved ones) as a community of Olympic fans who enjoy 14 days of better health, fitness and family fun. All inspired by the Olympics. We can do it! For 14 days, we can eat better, get fit, play more, laugh, give back to our communities and help others in need.

Together as one we are #OlympicMoms!



# #OlympicMoms



## How Can I Get Involved?

Download, print and fill out your participant's guide for 14 days of healthier eating and exercise

Interact with us on twitter, FB, pinterest & instagram  
#OLYMPICMOMS

Share your :60 daily video ~ What are you eating, how are you exercising, what is your family doing for fun!

Be a contributor by sharing your best photos, recipes, exercise plans and family activities with #OLYMPICMOMS



Join Us!  
#OlympicMoms

*We can improve our own lives and the lives of other moms and dads, by joining together as a global community inspired by The Olympics.*



## How To Benefit From

**SOCIAL HUB** ~ Visit our Social Hub to view all of the related tips and advice from our experts and other inspired moms, dads and family members.

[#OlympicMoms Social Hub](#)

**EXPERT RESOURCES** ~ Click on the links for our participating experts on pages 9 - 11 of this participant guide to get their tips and advice directly.

**PINTEREST** ~ Go to our [pinboard](#) to read and add your own useful family food, fitness and fun pins.

The more quality personal media (video & photos) you post and share the more we will help one another through this open collaboration. Tell us all what you're eating, cooking, doing with your family and more. Inspire other moms with your advice and stories.

Remember to use the hashtag **#OlympicMoms**. Be specific with your second hashtag such as **#nutrition #exercise #familyfun #OlympicDads**, so that fellow moms and dads can find what they are most interested in.

[We're inspired by The Olympics to lift familyhood up!](#)



# My Daily Health Plan

My Food Log

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D \_\_\_\_\_

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What we need from the grocery store



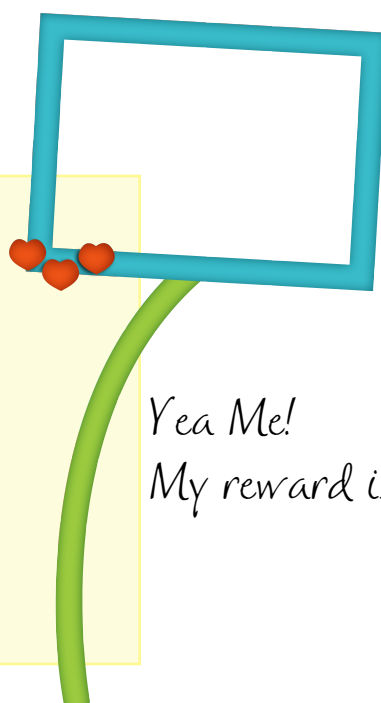
My Exercise/Movement Journal

What I Did:

What Time:

With Whom:

What's tomorrow's plan:



*Yea Me!*  
*My reward is.....*

notes:

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# 14 Day Family Meal Plan Inspired by The Olympics

8 Feb 2014

Here are some delicious recipes to inspire your health. Add fruits or vegetables anytime to any meal.

9 Feb 2014

Garden Quichelettes  
@thescramble

10 Feb 2014

Bananas Foster  
@TheSpicyRD

11 Feb 2014

Pear Dutch Baby ~ GF  
@TheSpicyRD

12 Feb 2014

Light and Fluffy Spinach and Cheese Strata  
@thescramble

Simple Green Salad to Clear the Palate

Fresh Fruit Salad with Minty Honey Lime Syrup  
@christyschomp

Quinoa Salad and Soy Citrus Dressing  
@christyschomp

Andrew's Amazing New York Pizza  
@thescramble

Jasmine Rice Open-Faced Soft Taco  
@thehealthyapple

Very Lemony Homemade Hummus  
@rmnutrition

We BEGIN! 14 days of health and wellness! Join us, share, contribute, we're listening!  
#OlympicMoms

Cajun Fish Sandwiches with Crunchy Slaw  
@thescramble

Smoky Stove-Top Hamburgers  
@thescramble

Peanut Butter Cookies  
@rmnutrition

Dairy-Free Couscous Bake  
@thehealthyapple

Add a simple green salad@realsimple

Spiced Chicken with Maple Butter Glaze  
@thescramble

# 14 Day Family Meal Plan Inspired by The Olympics

13 Feb 2014

Chia Spice Pumpkin  
Seed Almond Muesli  
@TheSpicyRD

14 Feb 2014

Yogurt and Berry  
Parfaits  
@thescramble

15 Feb 2014

PB&J Smoothy  
@TheSpicyRD

16 Feb 2014

Spinach Artichoke  
Strata  
@TheSpicyRD

17 Feb 2014

Red, White and  
Blue Bites  
@christyschomp

Stacked Pumpkin  
Enchiladas  
@thescramble

Toasted Quinoa Salad  
@thehealthyapple

No Fuss  
Guacamole  
@rmnutrition

Christy's Quick Tortilla  
Soup  
@christyschomp



Sesame  
Scallion Arctic  
Char or  
Salmon  
@thescramble



Lemon Basil Baked  
Chicken  
@thescramble

15-Minute  
Roasted Broccoli  
@rmnutrition

Butternut Squash  
and Apple Soup with  
Crispy Sage  
@thescramble

Cincinnati Chili  
@thescramble  
  
Carrot and Jicama  
Slaw  
@christyschomp

Cesaer Salad  
with Chicken  
@thescramble

# 14 Day Family Meal Plan Inspired by The Olympics

18 Feb 2014

Crepes Suzette  
@TheSpicyRD

19 Feb 2014

Red, White and  
Blue Bites  
@christyschomp

20 Feb 2014

Banana Oatmeal Cups  
@rmmnutrition

21 Feb 2014

Spinach Calzones  
@thescramble

22 Feb 2014

Coconut Flour  
Pancakes  
@The SpicyRD

Spicy Szechuan  
Green Beans and  
Ground Turkey or  
Pork  
@thescramble



MooShu Veggie  
Wraps  
@thescramble

Ravioli with  
Spinach & Sun-  
dried Tomatoes  
@thescramble

Turkey Lettuce  
Wraps  
@christyschomp

YOU Choose –  
Your own personal  
choice

Meatloaf Muffins  
@TheSpicyRD

Italian Eggplant Pie  
with Parmesan  
Crust  
@thescramble

Artichoke Squares  
@TheSpicyRD



#OlympicMoms

A decorative banner consisting of a horizontal line with several colorful triangles (red, yellow, blue, orange, grey) hanging from it.



With the deepest gratitude we thank our expert contributors for their recipes and family health tips. Learn more about them here.

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We hope this is a fruitful experience for you.  
We are all totally psyched to get healthier,  
feel better and enjoy family along the way.

*With gratitude for their tireless work on behalf of families we thank Doug Kenney ~ Digital Strategist, Ryan Nalepinski ~ Creative Director, Leah Weber ~ Executive Producer, Teresa Clifton ~ Graphics, Jessica Moore & Stephanie Garcia, ASU Walter Cronkite School of Journalism Interns, Tint and all the families who allowed us into their homes and lives to support moms, dads and their families around the world.*