



After the Couch

A new Maine mom's journey from fat to fit

What my typical day with a three-month-old is like

🕒 October 29, 2014 📁 regular, Routines 🔖 post-partum, routines, time management

By Pattie Reaves



I did a post like this when Felicity was a newborn and our routine has changed A LOT since then.

How the fit mom with no time copes

🕒 October 17, 2014 📁 regular 🔖 time, workouts

By Pattie Reaves

Like, did I seriously think that it would be easier to have a regular workout routine when I was also working 8 hours a day?



And with that, maternity leave is over

🕒 October 13, 2014 📁 regular 📌 body image, family, goals

By Pattie Reaves



In a different way, going back after maternity leave is another momentous moment, maybe even harder to emotionally navigate than the day she was born.

How I did a race with almost no training whatsoever

🕒 October 7, 2014 📁 regular

By Pattie Reaves

Alternative titles for this post: Racing 11 weeks after having a baby, or How to race as a breastfeeding mom (Answer: I don't know) or Hey! That was my first race in a year!



My body, 10 weeks after giving birth

🕒 October 2, 2014 📁 regular 🔖 felicity, routines, traveling, vacations

By Pattie Reaves



So I had that moment on Monday where I was looking through my closet for something to wear to go into the office for a meeting and I realized, Holy crap, I have two weeks left and I am going to need to buy an entire new work wardrobe.

My body, two months after giving birth

🕒 September 22, 2014 📁 regular 🔖 couch to 5k, post-pregnancy, pregnancy

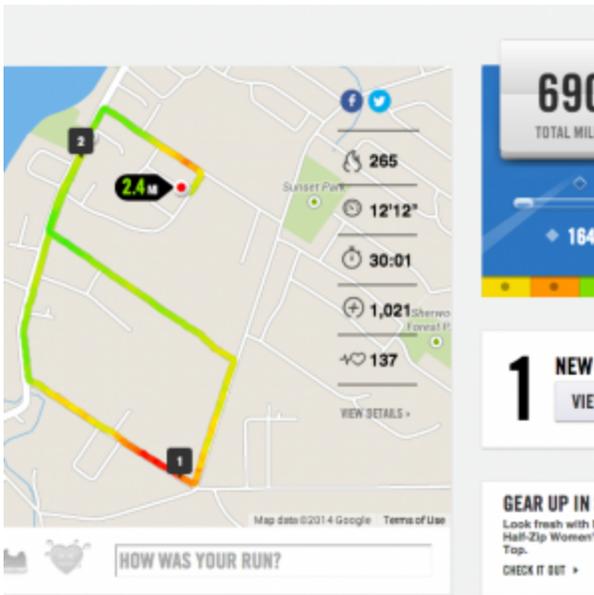
By Pattie Reaves

I thought it was so badass keep running up until 40 weeks pregnant, and then it would be so much easier once I wasn't carrying this huge fetus. But now, the weight manifests itself when I try to leave



I use four websites to track my workouts. Here's why.

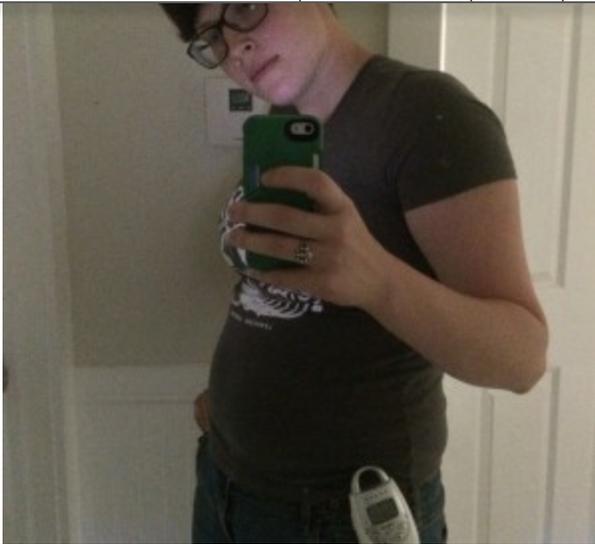
🕒 September 12, 2014 📁 regular 🔖 dailymile, gps watches, mapmyrun, motivation, nike, runmeter, technology, why i run
By Pattie Reaves



I'm a big believer in logging all your exercise. If only because when I write it down and see it all added together, it makes me feel really, really good about myself.

My body, 7 weeks after giving birth

🕒 September 8, 2014 📁 regular 🔖 clothes, goals, sleep
By Pattie Reaves



truce-shirted pregnancy wardrobe away.

The most important lesson I can teach my daughter is how to fail

🕒 September 2, 2014 📁 regular 🔖 doubts, family, fear of failure, goals, raising a good kid, sleep

By Pattie Reaves



Even while my infant daughter is literally strapped to my chest right now almost everywhere we go, I'm constantly thinking about how to help her grow up into a resourceful, independent, confident woman.

My first run after giving birth

🕒 August 29, 2014 📁 regular 🔖 body image, clothing, post-pregnancy, soreness, why i run

By Pattie Reaves



Sunday, a day shy of Ferlicy's five-week birthday.

Other than the due date run, I really hadn't run since mid-May.