

Re-mastering My Balance Beam

Jami, 5 months pregnant
& 9 yr. old son Darion

At 40, just when I thought I finally got my act together, life suddenly required me to put one foot in front of the other with determination and tenacity, again.

Many of you may have commented that lately I've been simply beam-ing. At first, I couldn't imagine why. Am I doing the "latest" workout? No, my workouts are pretty solid. Trendy diet? Wrong, don't believe in diets. I just try to eat healthy meals so I can have dessert and some occasional wine (smile). Maybe this newfound "glow" could be attributed to the body, mind and soul balance that I have (almost) achieved at age forty? Nope, turns out, that's not it either. Guess again...

Okay, I'll just say it, "I'm el prego." That's right. My husband, Lloyd and I are freaking out (in a good way) and looking forward to the new addition to our family. It seems like my *lady humps* have turned to welcome *baby bumps*. The wannabe six-pack has indeed morphed into a unibuldge and some of my curves have become uber-curvy. Still, my goal is to try to remain somewhat *Fergalicious*, and hope that my new combined family from re-marrying and all those who are tremendously important to me accept this exciting change.

My second reaction was to make a checklist. You know, sort it all out (the potential good, the potential rough spots) and create a way to start *Jaminastics* on the balance beam. 1) **Beautiful baby.** What a miraculous gift to share with a wonderful man and extraordinary family. 2) **Exhaustion.** As we all know a newborn is a twenty-five hour a day commitment. 3) **A little peanut glued to my hip.** This is undoubtedly my favorite past time. 4) **Never ending business meetings.** Will my customers be tolerant of feeding, burping and little stinkers if the baby comes along? And here the quest to find 'balance' begins.

This ideological balance beam is a difficult task to master. I am sure so many of you have "been there, done that," more times than you can count and for reasons not only related to newborns. Personally, I've always wondered if I were to remarry someday, would I want to "start over" one more time? Would I be able to maintain my perfectly hectic lifestyle, plus one more? Am I too old or too tired to bring another life into this world? Do I lack

Photo by Joe Chielli

the needed patience for a young child that was once abundant in my 20's and 30's? *Would I be financially secure to support this new gift and still indulge in all that life has to offer to us who have worked hard to enjoy a little more freedom in our 40's?* I had many jitters over new little critters and many short and long term uncertainties. **Much like gymnasts, every-day women must practice, persevere and always remain optimistic and strong in order to achieve high scores in life. Simply put, just about every woman I know has to contend with juggling a plethora of balls- weekly, daily, heck...even hourly.**

I am about 5 months along now and ready to begin the next chapter in my journey. This time around feels different. I am not letting the "what ifs" weigh me down, nor focusing on fears. I'm actually enjoying these months by researching and learning more about the latest tips and tricks for a "fit pregnancy" and am happy to have discovered that there's an entire publication called Fit Pregnancy. Wow, www.fitpregnancy.com even features a section on prenatal workouts! (I regretfully admit that I've missed 2 ½ months of exercise, due to relentless morning sickness and exhaustion.) I have however discovered that companies have started to incorporate therapeutic doses of Vitamin B6 into their products to help reduce the symptoms of morning sickness. One such product is *B-Natal TheraPops* - cherry flavored lollipops that have been shown to ease morning sickness for many women. Another Vitamin B-6 enriched product is *Morning Sickness Magic* - an herbal remedy containing ginger, Vitamin B-6, red raspberry leaf and folic acid. Ginger has long been associated with alleviating nausea.

Crazy as it may seem, I even carried a handkerchief with a few drops of an anti-nausea essential oil and breathed through it if I was unable get away from a smell that was bothering me. Everything seemed to smell horrid early in my pregnancy. Finally, check out www.threelollies.com for more info on Preggy Pops - a real lifesaver! The Internet has been quite a useful tool in combating morning sickness.

Truth be told, while the Internet is a great resource, it hasn't calmed *all* my worrisome feelings. I am a bit scared about *starting over*. This quiet fear is nothing like those I had in my twenties. Back then, I was homebound with a child. I had no experience and a minimal (but amazing) support system with my mom and dad. By no means did I have the plethora of resources such as my PhillyFIT friends and family. You are all amazing and continue to encourage and inspire me daily. So...let the 'resourcefulness' begin: "Hey Susan, Heather, uh...Brad, come September, who's free to baby sit the weekend of the 5th? Or, the 12th? Uh...the 19th? For even just a few hours? I have a feeling my Friday night 'date night' with the man are a thing of the past.

Through the years, I have learned where and how to find help and have concluded that BALANCE is the key for any mom. In my case, merging two families into one, is not easy, nor always harmonious. With a new baby on the way, a delicate balance has to be achieved by all involved because as we all know, pregnancy and stress just don't mix. Our progress thus far, good. Details to come in the next issue's Publisher's page.

How do I take the edge off? Let's just say thank goodness there are 9 months to get ready. Keeping fit and staying fiercely busy are

nice distractions, but when the contractions come, the mind has to be just as ready as the body. It is comforting to have my oldest son Derek, 19, who will be the most perfect role model, thanks to his gentlemanly manners and heart that's bigger than his new found biceps) to help guide his new sibling. And Darion, my nine-year-old melts my heart and makes my eyes fill up more than anyone knows. (I often disguise these tears of joy as pesky allergy symptoms). He's sweet, kind, gentle and funny and promises to teach the new little one all of his qualities. The joy this time will definitely be raising a child along side the most wonderful men in the world - all three of them. With a hubby, whose big arms wrap around me when I'm not feeling well and melts my woes in a heart-beat, and my two sons will make starting over at 40 more like a blessing and less of a mountain. I think this is going to be a lot of fun, a ton of laughs, and maybe an experience that my kids, my husband's kids, and our world can sit back and simply "enjoy. Not stress over." **Well, that's the goal anyway.**

Starting over and big changes are difficult, but also beautiful; they give you some reflective time to sort of clean out your mind's closet. Out with the old, in with the new. *If I can do it, anyone can.* If you are on the fence and thinking of taking the plunge to mommyhood later on in life, maybe listen to Nike and "Just Do It." For me, high risk really does equal high reward. **Reach deeply within yourself and discover your own "balance beam."**

In the never-ending pursuit of happiness, I am making a pact with myself to enjoy motherhood for a fourth time (PhillyFIT Magazine being my 3rd child),with great zeal. I plan on setting aside time to take pleasure in life and vow to enjoy, as I *know* this will be my last time.

As Mother's Day nears, (Sunday, May 13th) **take a second to make a list of all the things that make you beam** (whether you're a mom or not). I bet when you realize how many things in your life make you happy, you'll feel more balanced. If by chance you are contemplating a huge change, take a close look at your list and ask yourself, "What's the worst thing that could happen?"

While my once girlish figure may not be intact at the moment, my conscious is. I'd like to thank everyone for the warm wishes, words of inspiration and loving support during this incredible time. I look forward to introducing my little bambino to all of you.

In case you are wondering, PhillyFIT won't be recreating the infamous Demi Moore photo shoot for the next issue of PhillyFIT, and my 7th month of pregnancy. (Yes, it's the #1 question I am asked these days). You know, the one where she appeared tastefully yet shockingly nude on the cover of *Vanity Fair Magazine* in 1991. Maybe I'll honor Demi with a twist - clad in a tank top and tights to celebrate fitness and pregnancy! It's a possibility, but only if I can continue to hold off those to-die-for ice cream cravings (hold the pickles). But, the point is, if I can find the time and heart to "keep myself together" for a FIT pregnancy (since I am considered an old bitty in prego-land), any probably can. I hope I manage to inspire you to try.

JAMI *

Being pregnant at 40 actually has it's perks, from the beginning! Don't let the words high risk intimidate you...look at all the attention you get. I have already had 4 ultrasounds, what a joy to watch my little girl play with her fingers, sit Indian style then suddenly kick out her legs as if she is playing already! Her little nose seems to have taken on it's final shape already. Her ears are no longer buds on her neck, she can hear me yacking on the phone all day with clients (potential sales rep in the making?) The technicians have measured every organ in her body, and I rest assured she is in perfect health. The array of genetic testing available is amazing; I have had my daughter screened for every disorder out there. Again, phew...perfect health. I don't recall being so comfortable through my past pregnancies, with no worries of my baby's health! This is wonderful. I feel as if I know her already, and I go to sleep at night knowing she is in good hands, in good health, and ready to live a good life.

letterstothepublisher

Dear PhillyFIT!

I saw your magazine for the first time today, at my hair salon. I enjoyed reading it. I'm 58 and have worked out since I was a teenager. This is such a great resource, very informative. Also like reading the horoscopes. She is amazing! Thank you. Keep up the great work, I will be looking for the complimentary copy every time I go. *Anna Nally*

Hi Jami,

Just wanted to say that I love your magazine and the message you are trying to spread to others in the city. Thank you, thank you! *Christine Zbyr*

Hi Jami,

Don't know if you remember me...Cheryl McCown CB West class of 84! But just had to tell you how much my husband and I enjoy your magazine. Someone told me you've been on t.v., then the next day my husband came home with a PhillyFIT! He's a runner and picked it up at Doylestown Hospital. I worked in publishing for 13 years so I totally understand how hard it is to put out a quality product and you do! I also have to tell you how great it is that you included rescue groups in your mag. We do Collie Rescue and these events help so much. I'm so happy for you and all your accomplishments. I'll be at the 6th PhillyFIT BASH! *Cheryl Zimmerman*

Dear Jami,

I was unaware the article you did on me had been published until I started hearing from people that they saw me on the magazine cover! I just read the article written by Donald Sklar, it was fabulous. You run a great publication and, I commend you for the strong commitment you have to excellence and to physical health & fitness.

Dann Cuellar, Action News Reporter

Hi Jami!

I admire what you're doing with the magazine, and I'm so grateful for its presence in the Philadelphia area! I'm a nutrition and health counselor, training at the Institute for Integrative Nutrition. I see clients at Havertown Health and Fitness and appreciate PhillyFIT!

Thanks, Jami! *Angela Marchesani*

Hey PhillyFIT!

I just recently saw your magazine off the internet. I am a former Philly resident that has moved to the Midwest. I must admit that they don't have as much going on here as far as literature on physical fitness as they do on the East Coast. It was a pleasure to be able to read your magazine and see the many different articles that you have. I loved the article you had out on triathlon and also I will make sure I show the article on One Fit Mama to show my wife. I know once

she sees it she will be homesick. I just want to thank you for one great piece of literature.

Sincerely, *John McCann*

Dear Jami

I read the magazine all the time and I am really interested in getting into the health field! I love this magazine. However, I would love to see some great dieting tips and articles, such as found in this magazine Diet and Exercise that I read every now and then. *Cheri Boccuti*

Hey Jami,

My friends can't believe that I am working out again and feeling better now since a car accident! I tell them that ever since I started working for PhillyFIT Magazine you have inspired me and I always remember your words of wisdom when I asked you what would be the best work out for me, "do whatever it is that will get you up and moving". Thanks!

Lisa Kulik

PhillyFIT Magazine welcomes your comments. Email us at editorial@phillyfitmagazine.com.

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Distribution Manager: Jim Appenzeller

Distribution Assistant: Derek Appenzeller-Exner, Charles Peebles, Michael Lougin

Editorial Research: Beverly Appenzeller

Calendar Of Events: John Beeler

Ad Sales:

Jami Appenzeller
jami@phillyfitmagazine.com
Rita Henry
ritahenry@phillyfitmagazine.com

Editorial Photographer: Bill Mason

Publisher page photo shoot
Photography: Joe Chielli 215.627.2420.

All inquires are welcome...
Call us NOW! 215-396-0268
Toll Free: 866-PhilFIT (866-744-5348)
Fax: 215-396-0288
www.phillyfitmagazine.com
jami@phillyfitmagazine.com

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We challenge you...
to challenge us!

The PhillyFIT Magazine Challenge Team is throwing down the gauntlet, and accepting any and all challenge offers. If you have something new and unique in the world of health and fitness and would like our Challenge Team to put it to the test, tell us about it. We'll take your challenge.

Our team knows no limits. If you have a something related to health, fitness, nutrition, healthy dining... whatever, invite us to take your challenge. We'll send our crew to your location to test your product or service and our experience and results will be written up in an upcoming edition of PhillyFIT Magazine. You might beat us ... we might beat you. Either way, you can expect great exposure - and FUN for all.

Our team brings to the table a wealth of experience and wide range of backgrounds. We are available in teams of two or as a large as our entire group. (Some team members are not featured in this photo). Contact editorial@phillyfitmagazine.com for pricing detail and to schedule a CHALLENGE.



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