

# DEI LYNAM OF COMCAST SPORTSNET FIT TO DELIVER

## 'Comcastic, Baby!'

Gwynneth Paltrow, Julia Roberts, Kate Winslet, Katie Couric, Angelina Jolie, Goldie Hawn, Joan London, Jennifer Garner, Brittany Spears, Jenny McCarthy....

Here in Philly we are positively 'holding our own', producing a steadily growing population of local celebrity women becoming multi-tasking 'working moms'. Now, as Dei Lynam, rests and recovers from her own 'lovely (no-doubt) labor', we have our newest additions to the Philadelphia Family.

Labors of Love need not be at odds; who says you can't have it all? Dei absolutely adores the thought of being a Mother and she is undoubtedly devoted to her job... with her passion, charisma and adventurous spirit, she, as others who have 'strolled' in her high heeled shoes, is surely suited for a twin triumph.

Denise Kerry Lynam (aka Dei) was born in Delaware County on Feb 20th, 1966, and just short of 40 years later- on Thanksgiving Day, 2005, her own child is due to make a debut at Pennsylvania Hospital. "I am due on Thanksgiving... which is two weeks away, and I really do feel pretty good. Only in the last two days do I feel like my energy is waning a bit".

From Game-Days & Sports Courts to Playgroups & Playgrounds, Dei's dual-career will give her a fair share of Fairy Tales & Jump Shots. She's already geared up to alternate her courtside play calling of

'Super Big Hotshots' and hosting playful days with 'Super Tiny Tots', she's soon to be knee-deep in everything from Ra-Ra wiggles & crowd cheers to Ga-Ga giggles and baby tears, and with interests expanding from court-sweat wipers to Pampers wipes and diapers, this particular working mom's set for 'Double Duty'.

As an avid yoga practitioner with a baby-on-board, Dei is what I'd call an 'Om-Mama'- and for this reason, she's already (quite literally) got a leg up. Before and throughout her pregnancy, she's already been consciously practicing the mandatory elements of Mommyhood: focus, balance, strength, coordination and endurance- at Wake Up Yoga studio in Fairmount (which is owned and operated by Yogini Corina Brenner, a profoundly respected teacher known by her students as the essence of true insight and inspiration).

Lynam has always been a 'natural' when it comes to sports & fitness (currently to include Pilates, Swimming and Golf and as a kid she "played basketball and soccer and ran both cross country and track") whose enthusiastic and consistent involvement will serve as a tremendous benefit to both getting back into and maintaining her pre-pregnancy shape all the while setting a great example for her child.

Whether delivering sports news and sideline commentary, or her new beautiful bouncing baby, Dei Lynam's got all the bases covered; At full term, she's wonderfully well-'rounded' and fabulously Fit to Deliver.

Naming the baby? A game-time decision.... "Tim and I decided to bring our three best names each to the hospital and when our child comes into the world we will look and say to each other I think he/she looks like a ?????? I am looking forward to hearing his names and seeing if any of them match mine".

Is Lynam levying greater expectations of herself during the embarking on the adventurous journey of raising her child? While Dei definitely is prepared to give 'it all' her best, she is also prepared to 'go with



the flow'; as she sets her highest intentions for a truly balanced life, it seems she has set the pace that would prohibit her entanglement with outrageous demands of herself.

Always up for an escapade, Dei sees change is a good thing- which is definitely a good thing in and of itself- as she's soon to be dealing with many changes, including- and definitely not limited to!!! - changing hormones, changing sleeping patterns and changing diapers..... Good luck and Best Wishes, Dei- enjoy practicing grace in the presence of all of your marvelous changes!

By the time you are reading this article, Dei will have given birth to her beautiful baby! For all the details, be sure to pick up the next issue of PhillyFit and read our follow-up story: "Fit to be a Mom."

## THE ABC'S ON DEI

**PF:** Five specific words that best describe you...

**DL:** That's a hard one. I would prefer to give you adjectives that I strive to be. Like thoughtful, having a good sense of humor, ambitious, energetic, outgoing...

**PF:** Please use three words to describe your overall pregnancy experience...

**DL:** Healthy...awesome...inspiring!

**PF:** How do you personally define 'Balance'?

**DL:** Making sure no one thing dominates my time. I love my job, but I also know that I need time to be with my husband, and to work out. I love my yoga classes as much for how they make me feel



physically as well as mentally. I love a Saturday afternoon playing golf, swimming laps, and spending time with my Mom, Dad, siblings and friends... it all adds up to a great life.

**PF:** How do you expect to balance the new dimension of family life with your successful career? Do you foresee yourself getting a nanny or utilizing day care?

**DL:** I haven't totally worked out my childcare situation; I do have some help from my family, but Tim and I are both looking forward to this very new life we are embarking on... we love adventures and adding a child to our family is just that.

**PF:** How long have you been at Comcast?

**DL:** I joined Comcast SportsNet in 1997 when the channel was first



created.

**PF:** How long do you expect you'll stay?

**DL:** I hope to be here for a long, long time...

**PF:** Which three major events have defined your personal life?

**DL:** The day Tim and I decided to spend the rest of our lives together- which was 16 years ago, the day I moved to Philadelphia in 1997 because it meant that my husband and I were soon going to be living together again after living in separate cities for six and a half years, and probably the day I found out I was pregnant. Getting pregnant did not come easy for us, and you begin to think it's not in the cards... I'll never forget that phone call from the doctor's office.

**PF:** Which three major experiences have shaped your career?

**DL:** When I was a sophomore in high school I got a job on the production crew for the Portland Trailblazers- it paid 25 dollars a game but it was my first break. It was my first exposure to the industry and despite being a teenager, I met people then who would, years later help me further my career. In 1992 I got my first on-air job. The NBC affiliate in Madison Wisconsin hired me as a weekend sports anchor. I left a production job in New York City (and my husband) & went to the Midwest... I had never been on air so the beginning was rough but I loved my year and a half in Madison. And, being hired by Comcast SportsNet. Being a sports reporter often requires jumping from job to job... SportsNet not only gave me an opportunity that I thoroughly enjoy (in my hometown)... it brought stability to my life. I am very fortunate.

**PF:** You and your Dad, Jim Lynam, former Sixers Coach, made history in '98 as the first father-daughter team to announce an NBA telecast together. How does this make you feel now and how did it

feel that day?

**DL:** I believe I chose my career path because of the many things my father and his job exposed me to. Growing up, my father was a basketball coach. As a family we always went to his games and in the summers I often went on the road with him, when he would lecture at various summer camps. So working with him as an adult is a thrill.

**PF:** As a role model, which three factors are most important in being a 'good and successful person?'

**DL:** First and foremost I believe you must treat people with respect. I believe you must be willing to work hard - which can include long hours and tasks that are viewed as menial, and in the TV industry it's important to always remember YOU are not the story; you are the storyteller.

**PF:** What is the best job you ever had? ....And the first job you ever had?

**DL:** I have had so many jobs that have been great... the jobs themselves have been great, but also the people I have worked with. In addition to my job here at Comcast SportsNet...I have enjoyed working for TNT Sports on a freelance basis since 1997. That job gave me an opportunity to see some amazing places in the world like Australia, China and Japan to name a few.

**PF:** Three most important elements of being a great sports caster:

**DL:** I think you need to be a good writer... a well read person... and a good listener so that you can in turn ask good questions.

**PF:** If you could have your dream broadcast come true....any event of any time period, sports or otherwise, what specifically would it be and why?



**DL:** I have always wanted to cover the Olympic Games; the summer before my freshman year at UCLA, I did work as a volunteer for the Olympic Games in Los Angeles... but now I would like to work as a journalist covering them.

**PF:** What do you look forward to most after delivery?

**DL:** The doctor saying you have a healthy baby ??!!!!..... and finishing that sentence with whatever sex it turns out to be.

**PF:** Will you do Mommy and Me classes? If so, which of Yoga, Music, Gymboree-style or Baby Boot-camp most interests you and why? Or, will you attempt to make time for all?

**DL:** I don't want to be naïve about how my time will greatly diminish after my child is born but I do know I need Yoga in my life- mentally

and physically. I will also try the Baby Boot Camp because I did a story of that group and really enjoyed the fact that the moms could bring their babies and that it takes place outside – I love the fresh air.

**PF:** How have you kept so fit during your pregnancy?

**DL:** I was a regular yogi and swimmer before pregnancy and I have been able to maintain that throughout. I alternate days...usually I swim a mile and a half twice and go to Yoga twice a week and once a week I have a one-on-one Pilates session with Megan at Fit! Pilates in Narberth. With 10 days to go, I feel best in the pool; it helps my back and it's nice to feel weightless when you are anything but.

**PF:** Where do you take yoga classes?

**DL:** I attend Yoga at various studios throughout the city but my mainstay is Wake Up Yoga over by the art museum.

**PF:** How has staying fit benefited you during your pregnancy?

**DL:** It's made all the difference. I can't imagine going through pregnancy without my workouts!!!!

**PF:** What advice would you give to other women who may need the motivation to keep in shape for their nine plus months of pregnancy?

**DL:** Taking care of myself made me feel like I was also taking care of my baby, like we were in it together.

**PF:** What are the best pregnancy-related magazines you have read recently?

**DL:** I like e-Pregnancy and Fit Pregnancy.

**PF:** What is your eating regimen now?

**DL:** I eat a bagel or cream of wheat in the morning...I like to have a salad or soup for lunch... and dinner is a crapshoot. I have definitely cut out the eating late... it makes sleeping more difficult.

**PF:** Will you breastfeed?

**DL:** I am certainly going in with that intention... I hope it works out.

**PF:** What was it like seeing your baby during the ultrasound for the first time?

**DL:** Amazing... awesome! I just couldn't believe how at 11 weeks this little person was moving inside me.

**PF:** How did you meet your husband?

**DL:** He was working in the Marketing department of UCLA Athletics when I was still a student. I was working in a different department but the same building.

**PF:** How excited is he? What does he look forward to most after delivery?

**DL:** He just wants us both to be ok.

**PF:** What is the most important lesson you will aim to teach your child?

**DL:** Do unto others as you would like others to do unto you.

**PF:** If you could do anything without fail, what would you do?

**DL:** At this stage in my life I think about being a good parent... teaching my child how to be a kind and productive person... and like any unknown you worry - do I have what it will take... I certainly hope so.

**PF:** If you could change one thing about the world we live in, what would it be?

**DL:** Take away the hatred and violence.

**PF:** What do you hope for people always to remember about you?

**DL:** That I treated all people with kindness and respect.

**PF:** Mini-Van-Mom, SUV or other?

**DL:** SUV

**Comcast SportsNet's Dei Lynam gave birth to a baby boy on Monday, November 27 at 3:15 p.m. Max Lynam Riviere weighed in at 7 lbs., 11 oz. Mom, Dad and Baby Max are doing well. Lynam's last day on the air was Saturday, November 26.**



Carmen Elizabeth Greger is the owner of both KARMA CULTURE based in Philadelphia, PA and YOGA AVALON in Avalon, NJ. She is a Wellness Journalist, a Yoga instructor and a Holistic Health Practitioner, as well as a certified Personal Trainer and Sports Nutritionist. She hosts Lectures, Workshops and Master Classes in the US and Internationally. She has studied extensively with Yogi Masters David Swenson, Seane Corn, Jonny Kest, Baron Baptiste, David Life, Sharon Gannon, Beryl Bender Birch, Rodney Yee, Gurmukh Khur Khalsa and Bryan Kest. Carmen is currently working on completing her first Creative Non-Fiction Novel. She is also working on her Masters in Creative Writing and Transpersonal & Somatic Psychology. She and her husband Stephen recently gave birth to a beautiful baby boy named Remy!