STRONG MOM BODY & MIND

“I realized how lucky I am to have three healthy kids and a healthy husband – it’s my responsibility to keep them that way.”

Katie’s Stay-Fit Strategies

HUMAN RESOURCES
Take Care of You
Make the Time to Get Strong and Stay on Top
• Stop Making Excuses

MEET THE CEOs
Super Moms Like You
Regular Women Living Extraordinary Lives
• Check Out All the CEOs

MUSIC TUNEUP
Back in the era B.C. -- before children -- you used to know all the hot tunes. Here’s your chance to catch up on new music.
• Country Music’s Young Guns

CEO COMMUNITY
Spend Less, Live Large
Get the scoop from seasoned scammers about budget travel deals, coupon-clipping hints and other easy ways to save.
• Trade Money-Saving Tips

BACK TO SCHOOL
Do You Have That Human Touch?
If you have the skills to manage your family, then you have what it takes to manage a corporate clan. Investigate a career in human resources.
• Learn More

ALSO ON CEO
• CEO: Mom Fulfills Big Promises to Special Son
• CEO: One Working Mom’s Key to Success
• CEO: Four Kids, a Military Husband, One Mighty Mom
• CEO: Nothing Holds Back This Amazing Mom of Five

DIET & FITNESS
Beach Boot Camp
Get beach-ready quick with new tips from a top trainer.

ALL THINGS DOVE
What better way for a Chief Everything Officer to unwind than to relax with a hot night’s shower.

Check out these tips from Dove and the National Sleep Foundation to ease into a more restful night’s sleep.
• Request a Free* NEW Dove® Calming Night™ Sample
• *While Supplies Last

Dreaming of your next escape?