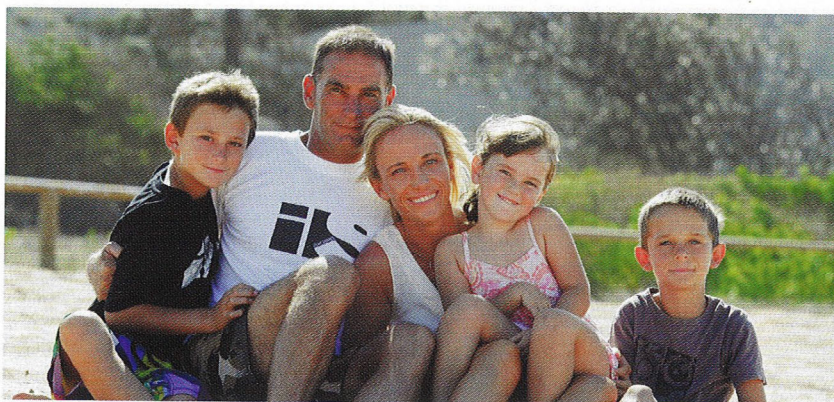


# The Mum

KRISTEN BECK

🕒 Age: 34 🏠 Lives in: Sydney



**JOB** 🕒 Mum to Joel, 9, Geoff, 7, and Elise, 4, and Director of Beck Health and Nutrition Group

**RUNNING RÉSUMÉ** 🏃 Runner for 15 years; favourite race City2Surf which she runs in 68 minutes but is aiming to crack 65 in 2011; currently runs 30 to 40 kilometres a week

**K**risten Beck is a woman on the run...literally. Not only is she a mum to three children, but she is also a nutritionist who manages her own company and a nutrition advisor for various media sources. "My day is all over the place!" she laughs. "Because I have so many different work roles, I don't have a day-to-day schedule, but in some ways that suits me as I can fit running in around the kids' schedules." Beck credits running well into her pregnancies with getting her through three natural births, and three speedy recoveries. "I was concerned in the early days about losing my milk too soon if I returned to running, but with an eye on nutrition and hydration, I was able to return and keep breastfeeding."

Now that her kids are older, running has become more about "me time". "It's like breathing and eating for me, I can't live without it. There are days when it's really hard to fit it in, but I know that I am a better mum – calmer, happier, and more present – when I have been for a run. Sometimes my boys want to run with me, which is great, but I often bring them home and head out for a 'proper run' so I get a chance to clear my head."

Growing up, Beck was inspired by an uncle who encouraged an active lifestyle so she in turn inspires her family and leads by example. "Growing up with an active mum and dad [her partner is an avid surfer], exercise is just part of my kids lives, which makes me proud."

## How She Manages

**MAKE IT A PRIORITY** → "Because I run on the beach most of the time, I fit my runs in around the tides. So when I get up in the morning, I look at the tide chart and then check with my husband about what times work best for him to have the kids. Once the intention is set, following through is easy."

**DO WHAT YOU CAN** → "Some days I can only fit in a 20-30 minute run," she says. "But even that is better than nothing. I still get a lot of the benefits and my kids and husband get a happier mum and partner."

## The Experts Say

**SEEK ADVICE** → "A lot of new mums are concerned about how exercise might affect the quality and quantity of their breastmilk," says Australian Breastfeeding Association spokeswoman Kirsten Tannenbaum, "but in most cases it shouldn't be an issue." The benefits of exercise for new mums are countless, including a lower risk of postnatal

depression and increased energy levels.

"By making sure that you are meeting your increased needs for calories and fluids, the quantity of your milk should not be affected, if you are exercising at a moderate to vigorous pace."

**BE SELFISH** → Self care is crucial as a mum. Ultra-marathon runner, mum, author and self-care expert Kim Morrison says, "When you are a mum you are so exhausted that getting out the door is often the hardest part. If you can do that, you'll be fine. Find a way to make that happen. Exercise first thing in the morning if you can, so that your day doesn't get in the way. If you need to, go to the local gym, put the kids in crèche and get on the treadmill. The two excuses we often hear from women are related to time and money, but if you think about it from the perspective that your family is depending on you to be at your fittest and healthiest, and self care is a huge part of that, then it is easier to put yourself first."

## OCCUPATIONAL HAZARD

**Lack Of Sleep** It's a fact. When you become a parent, you will get less sleep. While there is little you can do to change that, Linda Anderson, mum of two and principal coach with a2a Coaching says these tips can help you cope.

**Simplify your Day** Take an honest look at how much you are trying to juggle every day and ask yourself if it can be simplified. Aim to do less, or ask for some help.

**Practice Acceptance** Accepting that you will be really tired, you will have unpredictable broken nights, and sometimes you might be cranky or emotional, may help you feel better about it. Know that it will pass!

**Rejuvenate** Only we can take responsibility for doing things that rejuvenate us. Looking after your energy levels must be a priority (not getting the washing done right now). Try a 30 minute walk, read a couple of chapters of your book or phone a friend.



A full-page photograph of a woman with blonde hair tied back, running on a sandy beach. She is wearing a black tank top, black shorts, and white sneakers with blue accents. She is looking towards the camera with a slight smile. The background shows the ocean with white-capped waves and a distant shoreline with trees and buildings under a clear blue sky. In the top left corner, there are two overlapping triangles, one orange and one yellow. In the top right corner, there is a single blue triangle.

PHOTOGRAPHY BY DOMINIC LONERAGAN

**MAKING IT WORK:**  
Whether it's 20 minutes  
or 20 kilometres, Beck  
finds the time to run.