



1509 N. Clinton Blvd. · Bloomington, IL 61701 · (309) 828-MOMS · hearts@hearts-at-home.org

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**My husband calls me the Energizer Bunny...because I keep going, and going and going.**

I admit that I'm a Type-A personality. Or as Hearts at Home Keynote speaker Jennifer Rothschild says...I'm more like a Type AAA personality!

Honestly, I do struggle knowing when to quit. There's always something that needs to be done. I think this is a challenge many moms face. We feel we can't take a break because there's just too much to do.

This is where I think we can learn from Jesus' life. Jesus stopped and took a break when he was tired. He enjoyed a meal with his friends in the evening. He went to bed at night and not every person was healed. His "to do" list was never done, but he still took the time to rest and refuel himself spiritually, emotionally, and physically.

If taking a break was something Jesus did, then it's something we need to do, as well.

Think about this...

...Only you know what your body needs and only you can give it to yourself.

...Only you know what you need emotionally and only you can make the plans to make that happen.

....Only you know what kind of investment your relationships need and only you can make that investment a priority.

Need some time with a girlfriend? Arrange some childcare and make it happen. Need to make your marriage a priority? Ask another couple to trade date nights with you on a regular basis. Need more sleep? Leave the dishes on the counter and resist the urge to do one more thing before bed. The extra rest will help you tackle it all in the morning!

Nobody will come along and make those things happen to you; you have to learn to be an advocate for yourself...which really results in you being an advocate for your family. Because when you're doing well, your family benefits!

You do deserve a break today!

Nap anyone?

*Jill*

Wife of Mark  
Mom to Anne, Evan, Erica, Kolya, and Austin  
Nana to 1-year-old Rilyn

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## Get Movin'!

Exercise is important for moms. It keeps us healthy, reduces stress, and sets an example for our children. It's also one important way we can learn to take care of ourselves.

Need to get moving? Try some of these strategies:



- **Use a walking trail in your community.** If the weather is right, a walk, run, or bike ride will not only burn the calories, but also immerse you in the beauties of nature.
- **Socialize and exercise at the same time.** Ask a friend to join you in daily exercise. This provides natural accountability and helps the time to pass by quickly.
- **Rent exercise videos.** To change up your routine, choose a kickboxing, pilates, or aerobics video. Some video stores offer free rental for exercise videos.
- **Use weights.** You can pick up an inexpensive set of weights at the store, or you can use canned goods in your pantry for strengthening muscles. Two or three sets of 10-12 reps will help strengthen your muscles.
- **Tap into technology.** There are thousands of exercise videos online and dozens of smartphone apps that will help you change and develop your routine.
- **If you work outside the home, use your lunch hour as your exercise time.** If you ask a friend to join you for a walk, you'll find some mom encouragement at the same time!
- **Park far away.** When you drive to a destination, choose a parking spot as far

away as possible. Increasing steps burns more calories and provides needed cardio exercise.

- **Make it a family affair.** Step away from the television, video games, and computer to go for a bike ride or play a game of baseball or basketball as a family.

## What are you doing for yourself this summer?

### Organize your own Hearts at Home *Go-To Group!*

A *Go-To Group* is a small group of moms who read a Hearts at Home book together and then meet once a week to discuss one or two chapters.

It's a great way to read a book *and* benefit from the encouragement, wisdom, and experience of other moms!

**How do you form a Go-To Group?** It's easy! Just follow these five steps!



1. Select one of the Hearts at Home books listed below.
2. Invite 4-6 moms to join your Go-To Group.
3. Have each mom purchase her own book.
4. Set your summer meeting dates.
5. Email [lmecum@hearts-at-home.org](mailto:lmecum@hearts-at-home.org) and let us know what book you are reading and where you are located. When you do, your group will be registered in a drawing to win a 20-minute Skype conversation with Hearts at Home founder Jill Savage!

The following Hearts at Home books include a leader's guide to help you lead your Go-To Group!

- [\*Balance That Works When Life Doesn't\*](#) by Susie Larson
- [\*The Mom I Want to Be\*](#) by Susie Eller
- [\*Becoming a Chief Home Officer\*](#) by Allie Pleiter
- [\*Real Moms...Real Jesus\*](#) by Jill Savage
- [\*Got Teens?\*](#) by Jill Savage and Pam Farrel

- [The Mother Load](#) by Mary Byers
- [My Hearts at Home](#) by Jill Savage
- [Professionalizing Motherhood](#) by Jill Savage
- [Facing Every Moms Fears](#) by Allie Pleiter

If you are an experienced group leader and don't need a built-in leader's guide with discussion questions, the following books are also great Go-To Group books!

- [Living With Less So Your Family Has More](#) by Mark and Jill Savage
- [Getting and Staying Organized](#) by Karen Ehman
- [Growing Grateful Kids](#) by Susie Larson
- [Motherhood...the Guilt that Keeps on Giving](#) by Julie Barnhill
- [Mama Said There'd Be Days Like These](#) by Jenn Doucette

## God's "Mom Revolution" Truth for You

*"God is love. When we take up permanent residence in a life of love, we live in God and God lives in us. This way, love has the run of the house, becomes at home and mature in us..."*

*I. John 4:17-18 The Message*

### Behind the scenes...

Do the conference bags get stuffed by themselves? Who exactly answers the telephone when you call the office? Who posts those great questions on Facebook?

We want you to know!

In this new section of *Hearts On-The-Go*, we'll introduce you to those who make Hearts at Home all that it is. We'll start with the Board of Directors. The Hearts at Home Board of Directors has the responsibility of protecting the mission, vision, and values of the organization. They also provide financial accountability and operate as a sounding board for the CEO.



l-r Jill Savage, Irene Shaw, MarLo Huffington, Brent Heinold, Peggy Parker,  
not pictured: Brian Thielen





Whether you are parenting toddlers or teenagers, a Hearts at Home conference helps you:

- Find the continuing education you need as a mom.
- Enjoy a fun, getaway weekend with your friends or moms group.
- Improve your time management and run your home more smoothly.
- Build a relationship with an unchanging God in an ever-changing world.

Click [HERE](#) to learn about our group discount for groups of 10 or more.

Click [HERE](#) to register for the October 7-8, Western Conference in Colorado Springs, CO.

Click [HERE](#) to register for the November 4-5, North Central Conference in Rochester, MN.

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