

3 TIPS TO GET MOVING THIS SPRING - JENN POWELL - EVER AFTER IN THE WOODS

This post was created in partnership with Womensforum.com and StayFree. All thoughts and opinion are my own and yours may vary.

Now that spring has sprung quite literally around these parts it is nice to be able to get outdoors and get moving. I love how spring gives you this refreshed feeling of reinvention and a fresh new start.



I have 3 tips to get moving this spring with the help of **Stayfree™ Ultra Thin pads** ([click for a coupon!](#)). I am not sure about you, but now that I have gotten older and had my children it seems like there is more potential for leaks no matter what the time of the month is! My girlfriends and I make jokes about this, but we all know that it is true.



These Stayfree™ Ultra Thin pads can be worn for extra protection and are great for exercising or just your everyday running around. With their new technology that locks in liquids you can have extra piece of mind no matter what you are doing.

3 Tips to Get Moving

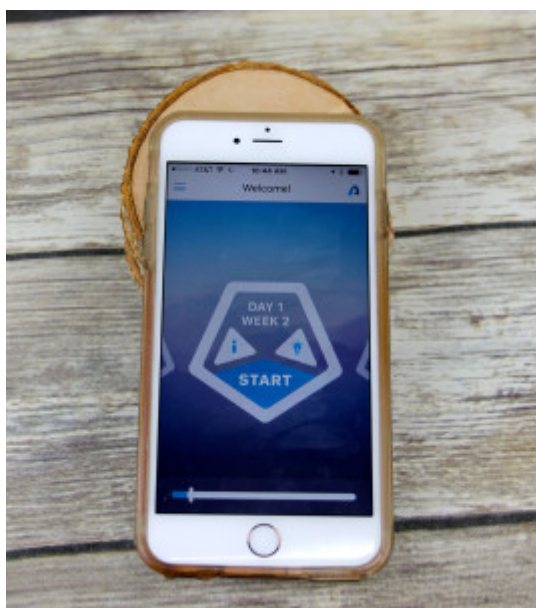
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TIPS

TO GET MOVING



Exercise first thing in the morning. It is much harder to skip a workout if you plan on doing them first thing when you wake up in the morning. Lay out your workout clothes the night before so when you get up they are right there for you and ready to go. Even if you just go for a walk with your kids, try to move for 20 minutes a day.



Accountability - Exercise with a friend or download an app that reminds you to get started each day. Keep a food journal to write down everything you eat so you can look to see where you can make some easy changes to your diet.



Water - Drink lots of water throughout the day. It is really important to your digestive system and flushing your system of toxins. If you do not like plain water, try a flavored-infused water like cucumber and mint for a refreshing change.



Don't feel like you can't get started on a healthier you if it's your time of the month. Have a look at these **Stayfree™ Ultra Thin pads** that will keep you covered no matter what. They are available at all major retailers nationwide.