

An Ideal Day in the Life of AZ Foothills Publisher Heidi Powell

Written by Heidi Powell

Monday, 06 October 2014 15:15 - Last Updated Tuesday, 11 November 2014 14:32



Judging by the pictures we post on social media, you might think the day would include laying on the beach on some remote tropical island with the kids splashing in the water close by. But in reality, my Ideal Day is any day I'm with the ones I love—Chris and our four incredible kiddos—doing the things I love, just like many other families do every single day.

6 A.M.: The alarm goes off, and it's time to rise and shine and jump in the shower. Thankfully, my hair is still good to go from yesterday's hair appointment at Bespoke Salon in Scottsdale.

6:10 A.M.: Time to wake up Matix and Marley for school. While they're getting dressed and ready to go, I quickly check my e-mails and texts to see what's happened overnight.

6:30 A.M.: Matix and Marley eat breakfast. This morning, it's cereal with unsweetened almond milk and fruit for Matix, and scrambled eggs and fruit for Marley.

6:50 A.M.: I grab a protein shake—we're pretty partial to our Vemma Powell Perfect Protein Shakes. Chris and I drive Matix and Marley to school. Cash and Ruby stay behind with our nanny.

7:07 A.M.: We realize we're actually early for school, so we make our daily Starbucks run before dropping them off. Roc, the barista, has my order down by now: a morning bun and iced coffee (one pump of mocha, no sweetener).

7:25 A.M.: Chris and I head to the AZ Channel 3 studio to tape a segment for "Good Morning Arizona." While Chris drives, I finish my makeup, and then make some calls to the season 5 cast to talk about weigh-ins and goals for the upcoming week.

8 A.M.: We arrive at the station and get ready for our interview with Scott Pasmore. During our segment we talk about one of our babies, our nonprofit organization, Be Your BEST AZ.

8:40 A.M.: Chris and I drive back home, and Cash is up, enjoying a family breakfast favorite: oatmeal. I build Legos with Cash and grab a quick snuggle with little Ruby and her favorite pink giraffe.

10:00 A.M.: Morning snack time! Today, it's plain nonfat Greek yogurt, a handful of mini peppers, and a banana. Then we are out the door to the pediatrician's office for Ruby's nine-month checkup. Chris and I troubleshoot some current business situations, and talk about future business ideas.

11:33 A.M.: We leave the pediatrician's office and swing home to meet with the contractor. There's a lot to catch up on since we've been in Denver for several weeks for season 5 "Extreme Weight Loss" boot camp, and we've got to fit in everything we can while we're home for a few days. The little ones eat lunch, and we read stories before naps.

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12:30 P.M.: Chris and I head over to True Food Kitchen for a lunch meeting with our blog team.

