



THE CELEBS
LINDA HOGAN, 46
BROOKE HOGAN, 18

ALTHOUGH THEY STAR in their own reality-TV show (*Hogan Knows Best*) and live with the Hulk, this mother-daughter team is unusual for another reason: They actually like spending time together.

Linda says they've always preferred living an active life to spending time at the gym. "We try to make life an adventure," she says. "We'll run and do gymnastics on the beach, or go biking—anything that isn't boring or a grind."

THE TWO also help each other avoid their own personal food vices. When they're at a restaurant, Brooke will help steer Linda away from the bread basket, and Linda will remind Brooke to stick with reasonable portion sizes.

"We're pretty much within 10 to 15 pounds of our goal weight," says Linda. "But I don't bother Brooke with trying to starve herself or get down to a lower weight. She's a healthy teenager, and I like that."

EACH HAS her own exercise interests—Linda likes free weights, and Brooke prefers yoga and dance—but they both appreciate the bond they form exercising together.

"It's nice to spend time with my teenage daughter, when so many kids are trying to get away from their parents," says Linda. "That's our time for girl talk."

Brooke believes their time together is special—not to mention helpful. "My mom is so experienced, she teaches me stuff, even when I think I know everything."



THE GYM RATS
DEBBIE MCSWEENEY, 43
SHANNON MCSWEENEY, 14

LOTS OF MOMS worry about how to get their kids off the couch, but Debbie McSweeney isn't one of them. Growing up, her daughter, Shannon, was active in basketball and soccer, plus she hit the gym regularly. Rather, it was Debbie—a stay-at-home mom—who had the

AFTER FINDING out that she had high blood pressure, she finally got it.

LAST JULY, Debbie and Shannon joined a gym. Since then, Debbie has dropped two dress sizes, and Shannon's sports ability has soared—as has the quality of their bond.

"I really enjoy it, because my mom encourages me," says Shannon. "And I'm very proud of her—sometimes she does things on the strength machines that I can't even do!"



THE SOLDIERS
TESSA WALKER, 24
DALYCE WALKER, 2½

IT WASN'T the desire to battle foreign armies but rather the quest to drop a few post-pregnancy pounds that prompted Tessa Walker to enlist—and join Baby Boot Camp, a nationwide stroller fitness program.

AND LOSE weight she did—22 pounds in six months, despite the hours of constant care her newborn baby required.

BUT EVEN more than regaining her figure, the Albuquerque, N.M., stay-at-home mom says the biggest benefit of working out with your children is passing the healthy lifestyle on to them. "Even at this young age, Dalcyce is learning to be healthy," she says.

Dalcyce especially likes when Tessa lets her out of the stroller to join in her walking lunges. "She's like a cheerleader, yelling, 'Go, Mama, go,' and that's really special to me."

LIKE Mother, LIKE Daughter

HOGAN: RALPH NOTARO/CONTRIBUTOR/GETTY; MCSWEENEYS: JORDAN SALVATORELLO; ALL OTHERS COURTESY OF CONTRIBUTORS



THE RUNNERS
MALIA MILLARD, 30
ZOE MILLARD, 19 months

RUNNING the New York City Marathon was tough, but in some ways it was easier than Malia Millard's usual training program—which involved running while pushing her daughter in a stroller.

Malia, an advertising executive who now lives in Seattle, first decided to run the marathon when her daughter, Zoe, was just four months old.

"I'D BEEN thinking about it for months, so one day I just put her in the stroller and tried for one mile," says Malia. "I was as slow as can be, but I did it. I had run the Philadelphia Marathon two years earlier, but I was so proud of this one mile."

MALIA SOON returned to her pre-pregnancy weight. By November, she successfully completed the marathon—with Zoe cheering her on.

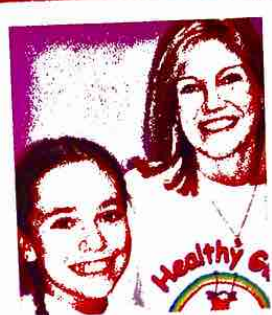


THE GOURMETS
TINA PEDICINI, 70
NICOLE PEDICINI, 29

TINA PEDICINI grew up in Italy, and she has the cooking chops to prove it. Although her family loves her food, her daughter Nicole admits, "Eating it was just making us fatter and fatter."

WITH HEALTH problems ranging from knee pain to high cholesterol, Tina and Nicole decided it was time for the weight to come off. Together, the two joined Weight Watchers. "It was all about the buddy system," says recent law-school grad Nicole. "My mom was my conscience, and vice versa."

NOW TINA cooks with whole-wheat pasta, lots of olive oil, and less bread. She's lost 25 pounds, her cholesterol is under control, and her knee pain is gone. Nicole has lost 22 pounds and says she feels better every day. Says Tina, "Doing this together has been a real bonding experience."



THE YOGIS
SHARON KEVERLINE, 36
KELSEY KEVERLINE, 11

WHILE MOST families are sleeping in on Saturday morning, the Keverlines are hitting yoga class. "It's really tough to get out of bed," says Kelsey, "but it's worth it, because Mom and I get to spend time together."

SINCE THEY started the class last summer, both have improved their flexibility and range of motion. Sharon, an OB/Gyn, thought yoga would instill in Kelsey the desire to stay fit. "Kelsey does ballet. But if you're not involved in competitive sports, it's easy to be inactive," she says. "She's always excelled at academics, but yoga helps keep her healthy and balanced."

SHARON IS JUST as happy with the change she sees in Kelsey's overall demeanor. "She just glows with the spirit that being fit gives you," Sharon says.



THE WATER LOVERS
CARRIE LUMIA, 48
KATIE LUMIA, 15

WHEN KATIE LUMIA didn't make her school swim team last fall, she and her mom suspected a few extra pounds might be to blame.

"Our family eats fairly healthy meals," says Carrie, a health-and-fitness reporter. "But Katie's problem was excessive snacking."

CARRIE BROACHED the idea of seeing a nutritionist, and Katie was all for it. The changes were small but crucial: nixing cookies and soda, adding raw almonds and protein bars.

THE HARD WORK paid off. Katie lost 12 pounds, reaching her goal of 25% body fat (down from 35%), and, best of all, she made the team this year. "I just had a swim meet, and afterward my coach said that was the best he'd ever seen me swim," she says. "I feel like I've changed my eating patterns and am now giving my body what it needs."

THESE SEVEN FAMILIES HAVE FOUND THE SECRET TO STAYING HEALTHY—EACH OTHER. THIS MOTHER'S DAY, FOLLOW THEIR LEAD AND GIVE THE GIFT OF FITNESS TO YOUR MOTHER OR DAUGHTER. [By Kimberly Flynn]