

Work and kids eat up every second

► **Moms From K1**

She feels she must work hard now for her family's success.

"I enjoy being active," Page says. "Sometimes, I'm exhausted to tears. I'll come home at 8 o'clock and the kids will want everything I have. People say to me, why don't you spend more time with your children? Well, without this, I have nothing to give them."

"For me, I am putting my kids first. I ask people, what is my alternative? To go on welfare? I will not go backwards."

She puts Sunday aside for family activities, even though some clients would rather she was still working at the gym.

"I work like a maniac Monday to Saturday but Saturday night, I spend the evening with the kids."

On Sunday, she's off to the Toronto Zoo, the Ontario Science Centre or some other child-friendly destination. In order to make sure everything gets done that needs to be done, Page keeps a detailed diary.

She is on the cusp of expanding her business and hiring staff to help out. She has big dreams but knows it's the little things that make life sweet, like walking Akua to school each day and taking baby Isaiah along to fitness classes.

The most important thing her children are learning during this time when she is working so hard, Page says, is that she has great expectations for herself and them.

"Expectations are wonderful — to go for something. It's hard to succeed in life — better they



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school administrator. At lunchtime she's back in her car, picking her daughter up from the pool and taking her to school. Then, she pops home for lunch and a visit with Christopher.

James says she has a great visit with her daughter during the car ride and enjoys the lunch visits

Andrea Page works hard to build her business but also builds in time with her kids, like walking son Akua, 5, to school. Here, Isatah, 1, helps lead an exercise class.

