

Homeschool CEO Podcast Episode 43 – Keeping Kids Healthy and Fit with Larissa Maloney

41:12

SPEAKERS

Jen Myers, Larissa Maloney

Larissa Maloney 00:03

The messages that I would get was, "Coach, this is amazing. I'm in Poland, and I'm doing this with my family. And this is become our tradition in our household because of you starting this." And I would give shout outs in the videos. People, kids, and PE teachers would come on and say, "Please shout out my school. We love what you're doing." And it just really became a community. And it was my mission to get everybody moving, especially during that time in the beginning of the pandemic.

Jen Myers 00:34

Welcome to the Homeschool CEO podcast, the podcast dedicated to entrepreneurs who want to successfully homeschool their kids while running a profitable business. In this podcast, we'll reveal the truth of what it really looks like behind the scenes of an entrepreneur who homeschools and how to make it all work. If you're an entrepreneur who currently homeschools or you want to start, you are in the right place, my friend. With 16 years experience combining entrepreneurship with homeschooling, I'm your host, Jen Myers, and this is the Homeschool CEO podcast.

Jen Myers 01:15

Do you want your kid to be healthy and fit? Me too. But sometimes teaching PE at home is difficult. And that is why today's podcast is so amazing. In fact, today, I'm going to introduce you to Larissa Maloney. She is changing the way that kids do PE with her new revolutionary online interactive PE program. And the best part, you don't even have to leave your house to get your kids a great PE class experience. You're going to get to learn about Larissa's "why" in her journey to get her to where she is now.

Jen Myers 01:57

But before you meet Larissa, I want to give a huge shout out to one of our faithful listeners, CrazyBlessed. That's right, girl. I see you. She wrote about the podcast in a review. She said, "Great podcast. Love this podcast that brings both homeschooling and entrepreneurship together." Thank you so much, because that is exactly why Homeschool CEO is so unique. Because you ladies are not just homeschool moms, you're not just

entrepreneurs, you do both. And that's what makes you so incredibly special to me. So thank you, CrazyBlessed, for the wonderful review. I appreciate you for listening and tuning in week after week. All right. Without further ado, I am excited for you to meet Larissa. Let's get started.

Jen Myers 02:47

Alright, Larissa, I am so excited to have you on the show today. Welcome.

Larissa Maloney 02:52

Thank you for having me, Jen. I so appreciate it.

Jen Myers 02:55

Okay, y'all. Just so you know, a little bit of background between Larissa and I, we were connected by a mutual acquaintance when we tried to start a Homeschool CEO co-op, which, just for the record, someday we'll share the whole story, but it did not work. It did not take off. Right, Larissa? Like we were just laughing about it. But Larissa was going to be the PE side of the co-op. And, you know, the adventure didn't work, but that's okay, because we develop a friendship and relationship that lasted beyond that. And I know that we're gonna work together in the future, so I'm not even worried about that. So, Larissa, tell us a little bit about yourself today.

Larissa Maloney 03:32

Sure. So, to go, to take it back. I always like to let people know where I'm from. I'm from Buffalo, New York. And I'm proud of that because I'm a big football fan. Go Bills!

Jen Myers 03:48

Yes, and if you watch Larissa's Instagram, you will see that.

Larissa Maloney 03:52

You are so right. Oh, my goodness. Every week there's something about Buffalo. Maybe every other day. But I actually grew up in Daytona Beach/Ormond Beach, Florida. So that's where I live now. I haven't lived here my the whole time. I went to college in South Florida, and spent about 11 or 12 years down south in South Florida. But I live back here now because I have a family and all that good stuff. So, a little bit about me. I grew up playing sports. My dad and my mom were really big into athletics. So, I grew up playing basketball, volleyball, and I ran track. And I ended up getting a volleyball scholarship to play in college, which is so odd because I literally started basketball when I was about six years old and I literally thought I was going to be the first girl in the NBA.

Larissa Maloney 04:42

So, it's funny where life, you know, just takes you. But no, I played volleyball in college. I absolutely loved it. And I went on to play professional beach volleyball where I got to travel

around the country and internationally, internationally a little bit as well, doing the sport that I love. So, in college, I did start coaching my senior year of college. And that was mentoring youth. And I, I've done that from then to now. Also, my other background, my other life - I feel like I live like a double life. No, but I, my degree is in communications, mass communications and journalism. And I specialize in film and trauma. So, when I was not in season for beach volleyball, I would be in the film world out of season. So out of the summer.

Larissa Maloney 05:35

I would - my full-time gig would be producing and acting. So, I was doing that full time. And then when summer came around, I would be playing on a professional volleyball circuit. So, through that, through the offseason, of course, I was training, but it really went hand in hand. And it's funny that a lot of people don't associate athletics with having that drama piece in a person. And so, you're either one or the other. But I found myself having both, which was very, very cool. Very odd and unique. But yeah, that's both of my passions. And that's what kind of made my world go round from an early age.

Larissa Maloney 06:18

So, coming up to, you know, playing sports and doing the film side of things, I guess, moving on now, I mean, I'm still in that. I'm still in exactly that. And now I'm the owner of a company called Active Kids 2.0. And that is, we specialize in kids' classes. So, we do anywhere from yoga, to dance, to karate to boxing, jazz, oh, my goodness, we do we do it all cheer classes. I am adding sports specific classes in there. So, there's volleyball, basketball, soccer, and we're getting some nutrition stuff in there as well. And it's all online. And it's all on demand classes. And yeah, we serve homeschool families. That's how me and Jen are connecting and schools and moms and preschools and all that good stuff.

Jen Myers 07:16

You know, as I'm listening to your backstory, did you ever think that when you were going to school for broadcasting or film that in you love sports, like all of these little patchwork squares of your life that didn't seem interconnected, and now with Active Kids 2.0 how that just so beautifully weaves all of those together - Did that ever occur that every single thing that seems so unrelated, would actually be so interconnected? At the end of the day?

Larissa Maloney 07:48

You know what? Absolutely not. And the funny thing is growing up, well, even now, I'm an introvert. And when I'm speaking, and when I go out to places, you know, people think I'm an extrovert, because I am chatty. And that, but I'm really an introvert that's learned to be extroverted in certain situations. So, literally growing up, I loved plays. I loved, you know, drama. But I never thought about doing that, just because I was so focused on sports. And you couldn't even do both of those at the same time in my high school, because either

sports ruled your life - or they had a really, really great drama program in my high school - and that ruled your life, you couldn't do both.

Larissa Maloney 08:33

So, when I got to college, it kind of pops in my head again, and my dad was like, "You need to do business. You need to do business. You have to." You know, because I've always had an entrepreneurial spirit. And I said, "No, I don't really want to do business." And the first thing that came to me was psychology, actually. And I took my first you know, psychology classes, and I loved it. My dad said, "Nope, you need to do business. If you want to get into psychology, you know, later, you can, you know, maybe start your own practice, but you need to do business first." So, I said, "Okay, dad, you know, I will take some business classes. And if you know, if I like it, if it goes well, then I'll pursue that." I took business classes and hated it. I absolutely hated it. And I said, you know what, because I was fiery, and I'm still fiery. I said, "No, I'm not doing that."

Larissa Maloney 09:24

You know.

Jen Myers 09:25

That's my life, Larissa.

Larissa Maloney 09:27

This, I said, "No, this is not what I'm doing." You know what? I was fortunate because I, you know, I had my school paid for because of athletics. And I said, "I'm not going to waste that doing something that I don't want to do." And so, I put my foot down, and I said, "I'm going to explore." And I said, "I'm going to sign up for that drama class." What I wanted to do in high school. And okay, I was scared. Are we allowed to cuss on this podcast?

Jen Myers 09:55

Yep. You're fine.

Larissa Maloney 09:56

Yep, I was scared shitless like, I've never done drama in my life. Life, I just knew that I wanted to try it. And as an athlete, that competitive spirit really follows you through whatever you do. So, I said, "You know what, I'm going to try it. And if I fall flat on my face, I fall flat on my face." But I love to challenge myself. So, my first drama class, I was so scared, but I did it. I did it. Was I good at it? Absolutely not. I was absolutely horrible at it. But I did it. And I went through my first production class, and I did it. And I said, "This is what I want to pursue in college. This is it." It scares me, it challenges me. But I saw little glimpses of, "Whoa, you might there's something here that you might be good at." There's a, you know, where I wasn't good at all but there was little glimpses of like my teacher saying, "Whoa, where did that come from? Whoa, hold on, Larissa, where did this

come from?" And it just kept me in it, you know, and that's that competitive spirit. And I, I held on to those little moments. And that's where it's all come together today. It's odd. It's, it's so crazy. But I follow that I use my intuition all the time. And it's all led me to where I'm supposed to be.

Jen Myers 11:23

Oh, this is such a powerful story. Like, the not what I expected to talk about, but so, so powerful, because that's my life too. Like, these little unrelated things, following my intuition leaning into - you know, I have a degree in psychology and sociology, which nobody double majors in. But that has culminated in being able to coach and counsel and help with Homeschool CEO and see both sides. So, I totally feel. So, my question to you then, what did your dad say when you said, "Dad, I am not doing business. I am going after theater art."

Larissa Maloney 11:59

Well, my dad knows me well. So, he said, "Okay." And well, we'll see how it you know, unfolds. But I was fortunate enough to not get so much pullback, but he knows how I am. I'm fiery. And if I'm passionate about something, I go for it. And he said, "Okay."

Jen Myers 12:22

Absolutely. That is, and I'm so glad that you did. Alright, so we kind of touched briefly on Active Kids 2.0. But I want to talk about what inspired you, because before that you were a PE teacher. Correct?

Larissa Maloney 12:35

Yes.

Jen Myers 12:35

So, what inspired you to go into coaching and then as the next level to start Active Kids 2.0.?

Larissa Maloney 12:44

So, okay, yeah, so there's build up to that as well. I was coaching for a very long time. I coached at every level from - starting at little tots of like eight to 12-year-old little volleyball players, little athletes, to the college level. I was coaching at Stetson University on the beach volleyball team. So, from there, that mentoring of kids led me to this, pretty much when I started to have a family. When I was pregnant with my little one, I had a volleyball academy myself. And so that's what I did, as well as acting and producing and stuff like that I had a volleyball academy to mentor kids. So, when I had my first little one, I didn't want to work full time. I wanted to make my child number one. And that was very, very important to me. So, I didn't work full time until he was three years old.

Larissa Maloney 13:45

And then I had my other little one, and I was with her until she was two years old. So, that was my priority at that time. And I knew that was something that I had to do and that I wanted to do. I didn't want to have the full-time job where at six weeks, I had to put them in daycare. And I know a lot of moms do that. And I know a lot of moms have a hard time with that. And I said to my husband, "If we can do this, and I don't have to put the kids in daycare at such a young age, this is what I want to do." So, I decided that and then so, as time went on, and they got a little bit older, you know, when my little one got to three - my other one was, he was four so he was in a preschool - when she got to three, she's very independent. She's like me, she's fiery, and feisty. And she was ready for school.

Larissa Maloney 14:38

So, I decided, let's put her in school. And then, I need, I have that itch again to work full time. And I said, so I know what I am good at and that's mentoring kids and leading kids. I still want to coach so, let's try the educator path. All right, so I'm coaching out of school. And I'm teaching as well. So that's how it all started with me being in a school and a fitness instructor position. So, as a fitness instructor, I loved it. I really did. It's, I loved it, the kids were engaged, I got to do everything with the kids. It was very interactive, and it was very structured. I was not the coach to throw out a whole bunch of balls and say, "Go play basketball. Go play, whatever." That's just not me. But we did everything together. It was fitness based, they learned about the body and health and as well as you know, keeping themselves fit.

Larissa Maloney 15:43

Last year, when COVID hit, it just threw everybody's worlds upside down, including mine. So, I was in a private school at the time. Our school has about, it had about 400 Kids last year. And literally, we had a meeting on a Friday. And she said, "You know, I don't know what's going to happen with this whole COVID thing. And we might be going virtual, but we're probably not. This is probably just, you know, a little scare, but we're gonna have this meeting, because we might. So, you have to prepare a little something." Literally that night, she was like, "We're full on going virtually Monday. Figure it out."

Larissa Maloney 16:25

So everybody - yes, literally everybody's head was spinning, including mine. So, that day, that night, I sat at my kitchen table. And I said, "Okay, how am I going to do this? How am I going to make this work?" There is an easy way to do this. And there's a not so easy way to do this. So, what I did was I sat down, I wrote out Monday, we're gonna do a run. Tuesday, we're gonna do arms and abs. Wednesday, we're gonna do weight or whatever, whatever, whatever. I sat down, wrote all that stuff out. I looked at it. And I said, "This is horrible."

Jen Myers 16:26

Wow!

Jen Myers 16:35

That's boring.

Larissa Maloney 16:48

So boring! Like, my that, you know, my kids, my volleyball kids and my my students that I train, they would say, "Coach, what are you doing? Like, this is not you? It's boring. You don't want to do it. You don't want to do it." So, I crumbled it up. And then I said, you know, what? How about - my husband built me a little home gym- well us. I'm in it. I'm in it most of the time, a little home gym in our garage. And that's where I work out. And I said, you know, what? How about, I just hop in there every day of the week, same time and stream these workouts, you know? I'll do some cardio, I'll do some strength workouts. And we'll do it together. And I'll do it live on YouTube.

Larissa Maloney 17:51

It's, you know, I'm still - the kids are doing it with me still. They are engaged. We're still having fun, even though they're not with me. But I could still feel it because I'm doing it live on YouTube. And I can see if they're there. So, what, what I did was I told a friend, an old friend that - she works at a local high school as well - I told her what I was doing. And she's a health teacher. She said, "Can my kids do it too?" Absolutely. It's on YouTube. It's live. It's free, right? Come on, you know, let's, let's get everybody active. And then I put it on a PE, like a Physical Education Forum as well. And just said, "Hey, this is what I'm doing. If you guys don't have anything, you can just hop on as well."

Larissa Maloney 18:35

So, Monday morning hits. And here I am 9am setting up this camera. I'm like, "Oh my goodness." Probably I'll literally have probably like 75 students, and I said "probably like 10, 15 are going to hop on. They're going to act like now they don't know how to use YouTube. Right?"

Jen Myers 18:49

Right.

Larissa Maloney 18:51

So, I start, you know, to warm up and there's literally like, 15, 15 people in there, right? I'm like, okay, it's not, "It's 9:05 kids, where are you at? You know, where, where are you?" So, I finished my warm up. And then I checked my, you know, computer to see how many kids are on there. And then it's 30. I said, "Okay." And then I sit there for a second. You know, I - it's live so I'm saying, "Hey guys, you know, welcome. You know, feel free to come in. We're doing a workout." And I look at the computer again. All of a sudden, it's 50, 100, 500, 1000, 2000, 3000, and then went up to 7000 within that hour.

Jen Myers 19:31

On your first day?

Larissa Maloney 19:32

Yes!

Jen Myers 19:34

Oh, my goodness.

Larissa Maloney 19:35

So, it totally blew up. It just went crazy. And I said "Is this - is something wrong with YouTube? What is going on?" But no. That was it. So, I was super pumped the first workout. It ended up reaching a very large audience and that's how it started. It started literally me doing these free workouts. And I did it for the rest of the school year. I did it Monday through Friday, 9am. It was very consistent. And yeah, every workout was a couple of 1000 people watching at home, and we literally built a community. The messages that I would get was, "Coach, this is amazing. I'm in Poland, and I'm doing this with my family. And this is, this is become our tradition in our household. Because of you starting this." And I would give shoutouts in the videos. People, kids, and PE teachers would come on and say, "Please shout out my school. We love what you're doing." And it just really became a community. And that was my mission. It wasn't to make any type of money off of it. It was my mission to get everybody moving, especially during that time, in the beginning of the pandemic. Everyone was depressed, you know. No one could go outside. People were getting sick. And just my main thing was, "Hey, let's get your family together. And let's get moving. Just try to keep your spirits up and try to keep our bodies moving to stay healthy."

Jen Myers 21:18

Oh, that is so good. So powerful. And I think especially for our audience, too, because we homeschool. So, that's one of the things I hear from my moms all the time, like, what do I do about PE? You know, like, they don't necessarily don't know what to teach. They don't know how to teach it. And so, they're always looking for alternatives, whether it's putting a kid in a class, or finding somebody, you know, like, just counting like, oh, they're playing outside, like, that's PE, that's recess, whatever that is. And I remember, you know, I was - went to traditional school and I liked PE, and I liked recess and lunch, because I could talk. And that was the only reason I went to school, like the rest of it didn't learn a thing. But, you know, so it's really important for these kids to be able to get up and move and do things. So my question for you with Active Kids 2.0 is, how do you build the community amongst the kids and the families when you're on one side of the screen and they're on the other?

Larissa Maloney 22:16

Yeah, so that's a great question. I have hired like, the best coaches, they're amazing. And the coaches, I've told them that, you know, my, my mission in the beginning, so they know, it's not just fitness classes, it's more than that. Because I've already built the community, all you have to do is integrate yourself into it. And really, really just love on the people and love on the kids. So, they, they literally do birthday shoutouts for the kids that you know, that are a part of the community. They do, just live videos, they'll jump on a live and that, you know, just say, "Hey, what's going on?" or give you a karate tip for the day. And that's really what the kids are looking for.

Larissa Maloney 23:10

Oh, my goodness, when you say a kid's name online on a live or anything like that, oh, it just makes their day. So, we really try to cultivate those relationships through social media. The power of social media is amazing, right? Social media, through Facebook groups, we have our own group, we have our own page. And we really want to have it as this open relationship, not just you know, you're watching these people do teach you something through a screen. It's, "Hey, coach, I had a question about what you said in the video or what exercise you did in the video. Can you please tell me how to - what's the advanced version of this?" or something like that. That interaction is priceless. And we encourage it?

Jen Myers 23:58

Absolutely. That's amazing. So, what age range? Is this geared towards?

Larissa Maloney 24:03

Sure. So Active Kids is geared towards ages three, because we have toddler time. Oh, it's so cute. And then it goes all the way up to 18. 18 it could be you're just trying to get fit, or you're an actual serious athlete.

Jen Myers 24:19

Oh, wow. Okay, so I didn't realize you had the older. I knew you had the younger up through grade school. Okay, that is awesome. So, so just some questions that came in from the audience before when they knew that we were going to do this interview is, one, how much room do the kids need in order to do this?

Larissa Maloney 24:34

Yes, that is a big question and literally not much at all. A lot of schools do it so they do little six feet boxes because of the social distancing aspect of it. So, they do little boxes, six feet from each other. At home, you don't need much. You don't really need much at all. And the other important thing is equipment-wise you, you don't need really any equipment. There's always an option to be no equipment, or like a karate class, you need nothing. A yoga class, you need your beautiful body, you know what I mean?

Jen Myers 25:12

Right?

Larissa Maloney 25:13

So, the only thing with equipment is when you get into the sports, you might need a ball. And if you do, like our strength classes, you might need weights. Or we always use like household items, too. So, we make it fun. Go grab two water bottles, you know, stuff like that.

Jen Myers 25:31

I love it. I know, we talked about how a lot of families have made this a tradition and parents are doing it with the children. But do parents have to be involved? Do they have to be there to observe their children while they're doing it?

Larissa Maloney 25:43

Absolutely not. And I know a lot of homeschool families. Oh, they're so good at what they do. And I love it. They are scheduled out, routined out so they have their Active Kids time built into their schedule. So, a lot of them do it in the morning. And a lot of them do it like right in between where their kids are getting antsy, when they're like drained, and they don't want to do any more academics for the day, they need a break. They're like, okay, it's Active Kids 2.0 time. So, once they put it on their TV, their screen or whatever device they're using, because it's - it's yeah, it's you can use it on any device. They put it on. Give their kids a little space and they can do, the parents themselves, if they need to do the dishes, they need to put the laundry in, they need to you know, do something around the house where they're not like teaching their child it. Hey, we'll do it for you at Active Kids. We'll teach your child something new, something fun. They're laughing, they're moving. They're having a blast.

Jen Myers 26:44

That's awesome. So, is it on demand? Or is it live? Or is it a hybrid of both?

Larissa Maloney 26:49

So, it's on demand. Right now, we have just incorporated a couple of live classes too. So, we're actually yeah, we're do it. Yeah, we're doing one in the next few days. And the live classes are so fun, because the kids just get to interact right there with the coach and the coach loves it, too.

Jen Myers 27:09

So, are the, are the lives done on Zoom? Or is it a Facebook group? Or how is the live done?

Larissa Maloney 27:15

So, the live we have - we've done it on both. We've done it on Zoom, and we've done it on like a YouTube private link.

Jen Myers 27:22

Okay. Okay. Yeah, because some of my parents were like, "I'm tired of zoom." But they weren't like - but I think it's important that the kids have that interaction sometimes if at all possible, because that's different, you know, when you can interact on any type of live class versus just on demand. And it makes the on demand later seem so much more alive if they've already interacted with that teacher. So, right, like, it just gives a whole other element to it. So, that's awesome. So, a lot of my parents wanted to know, you, you're busy. You have, you're a mom of two young - your kids are four and six? Is that right?

Larissa Maloney 27:57

Yes.

Jen Myers 27:58

Okay. And you were running this business? Do you still teach as well for the school?

Larissa Maloney 28:04

Yeah, I do.

Jen Myers 28:05

So, you're super busy. So, what does your daily routine look like?

Larissa Maloney 28:09

It's crazy. And to add, I'm expecting a third. So, it's a lot, right. But my daily routine. Yeah, is wild. And I know all moms can - yeah, we all have wild schedules. But I feel like we have it down. So, in the mornings, I like to use my morning times for me, and I know a lot of moms are like, "How in the heck do you do that?" Yes, because I have a great husband. But my husband, but really, my husband is up earlier than I am. So, when he gets up, he goes downstairs and then the kids get up, he gets the kids and brings them downstairs and he prepares the breakfast. So, that allows me to have my morning time. It's not anything long. It's not an hour of me time. Ooh, that sounds wonderful. But it's not. It's literally, me waking up, me doing my breathing exercises, me doing my meditation. And that's anywhere from 10 to 15 minutes. And then that's literally me putting on my music, getting dressed, and just having that time for myself where I'm not just, "Mommy, Mommy, Mommy, Mommy, Mommy!" You know? And we all, you know, have that but it's that 15, 20 minutes in the beginning of the day really is important for me.

Larissa Maloney 29:35

So, when I'm not in school, when I'm not teaching, I always, on my weekends, I'm always as soon as I come downstairs, I'm straight to the gym. Straight to our garage gym. And I always believe that, you know, if I do it later in the day, I'm not as motivated. But if I do my workout in the morning, I do it before my body knows what's going on. That's what I

have I always say. So, I always I always do it in the morning. And when I'm not in school, my little one, her name is Oakley, she does it with me. So, it's a little routine that we've grown together. And she absolutely loves it, whether it's yoga, whether it's, you know, a cardio workout. My son, he'll pop in and out but he's so, he has so much energy that he's just going everywhere. But my little girl, we just, we just do it together.

Larissa Maloney 30:27

But besides that, that's, if - if it's a school day, we eat breakfast together, you know, I get their lunch prepared. My husband takes them to school, and I go to work. So my, my work throughout the day is - I have a I have a wonderful situation where I, I create my own hours through the day really, for my personal fitness classes. I have a lot of time to work on Active Kids. So, it really, really goes hand in hand. It's very busy. But I mean, I don't know anything other than go, go, go, busy, busy, busy. And that's just how our lives as moms and business owners, and educators, all of that good stuff works.

Larissa Maloney 31:15

But after that after a full day, pick my little ones up, we do homework time together. And that's our time to interact and ask about their day and have that mommy to kiddie time. And my husband's still at work, which is nice just to have that time with me and the kids. And after they're, you know, done with their homework, usually doesn't take that long, they're ready to get out of here and get outside. So, they go outside. Once they go outside, I'm either, I'm preparing them a snack, and then I get back to work. So, I'm usually working a couple more hours while they play outside, while they come in and pop in and tell me jokes or bothered me or nagging me or whatever you know? And probably around about five, five thirty I wind down. That's when my husband comes home. And then we have our time as a family. We're cooking dinner together or the kids might still be outside and regular you know, bedtime. I really believe in my kids going to bed early. Everyone's like, "What? What time did they go to bed?" Literally, if they don't have any activity if they don't have basketball or soccer they are in bed 630.

Jen Myers 32:27

Wow, you're the only person I've heard earlier than me. We had a seven o'clock bedtime.

Larissa Maloney 32:32

Whoo. I love it.

Jen Myers 32:34

We did. And my kids never grew up knowing that sleep deprivation because they were given the sleep that their bodies needed.

Larissa Maloney 32:42

Yeah, absolutely. I know. They need it. They absolutely need it. And our bedtime routine is super fun too. My husband likes to take him to bed usually, because he's not really with them during the day. And he's not with them in that afternoon, after school time. So, that's his thing. I take them to bed a couple of times a week too. When I take him to bed, we always do a meditation. They, they know what meditation is about. They know it helps. It helps them fall asleep. It helps them just relax. Because the days are absolutely crazy. I use Insight Timer. It's wonderful. They get, sometimes it's a story. Sometimes it's an actual meditation. And I'm a believer of mantras. So, we always say a mantra before we go to bed. And they know it by heart. They've been saying it since they could talk.

Jen Myers 33:37

So wait a minute, what, what's the mantra? You have to share it with us?

Larissa Maloney 33:40

Absolutely. So, I always say, I always start off and I say, "I am strong", and then they finish it. So, they say, "I am strong. I am brave. I am smart. And I listen to my heart." Yeah, and they repeat it every night.

Jen Myers 33:57

So, that's awesome. They gave me chills. So, so powerful. All right. So, as you built your business, you so you've been a teacher, you know, and a coach in the public, in the private school system, right? And you're building your business and you're an awesome mom and wife. Looking back, what is one thing that you implemented in your business that you look back and say, "Oh, I'm so glad I did that?"

Larissa Maloney 34:21

Um, that's a good question. Um, probably our team meetings. We do a team meeting once a week with my coaches. And they're not full-time coaches with the company. So, it's not like we have, you know, our everyday meetings type, type of things, but our team meetings, we have it about once a week. And we've created this bond, and this family type feel within my company that I feel like it's one of the best things that I've implemented. We talk about wins for the week. We talk about goals for next week. We talk about things that made us smile, you know, even if it's with a live class, or whatever's happened through the day. I mean, my coaches do a million other things, too. So, one of, one of them is in school to be a doctor like, yeah. And, and she's been a karate master since she was like 13. So, it's, it's, it's wild. But that is probably the best thing that I've implemented within my business.

Jen Myers 35:29

That, that's awesome. All right. So, if you could credit one person that has really influenced or helped you become the woman that you are today, who would you give that credit to?

Larissa Maloney 35:40

That's a great question as well. Probably, my brother. He is a year and a half older than I am. So, we've grown up so close. And my kids are the same age, the same age difference as we are. And we've grown up so close. And he's always been someone that I can look to when it comes to being a mentor and setting an example. He was an athlete as well. He pushed himself. He was very, very smart in school. And he didn't have to study like I had to study, which is something I admired. But he with everything he pushed himself. And he set such a good example for me. And when whenever I am in a rut or needed advice, he's always there. And he's been my one person that I can rely on from the day I was born.

Jen Myers 36:36

That is awesome. So good. All right. And if you were at the end of your life, and if you want to be remembered for one thing, what would you want to be remembered for?

Larissa Maloney 36:48

Impacting people's lives. And that's it. I mean, I believe that's why we're here. You know, to impact each other's lives, and whether that's within your family, within your business, within, within anything, really. We're here to make a difference in people's lives and hopefully make them better in return making you a better person.

Jen Myers 37:12

Love it. And that is why we love you. All right, Larissa. So, tell our audience how they can get signed up for Active Kids 2.0 and how they can connect with you online.

Larissa Maloney 37:22

Absolutely. So, our website is www.activekids2.com. And we are on Instagram, @activekids2.0. I'm on Instagram too, @larissa.maloney. Yeah, we have a seven-day free trial going on right now. So, if you go to our plans and pricing page, go ahead and sign up there. It gives you a seven-day free trial. Try it out, see which classes your kids are gravitate towards. And yeah, we would love to have you.

Jen Myers 37:54

Awesome, thank you so much for being here today.

Larissa Maloney 37:57

Thank you for having me, Jen.

Jen Myers 37:59

If you love Larissa and you are looking to prioritize your kids' fitness, please be sure to check Larissa out at Active Kids 2.0. And also, I want to quickly mention something that we didn't cover in the podcast - antiracism and diversity in homeschooling. A few weeks ago, we had a podcast interviewing Dr. Monea, on how to raise an antiracist child. It is one of my most listened to episodes so far. And one of the suggestions that Dr. Monea gave was

to be intentional about finding other teachers, doctors, and other professionals that look different than you whatever your skin color is. Look for other people to enrich your children's life with that look different than you - ways that they can see diversity in a good light.

Jen Myers 38:51

Alright now one of the things that I just love about Active Kids 2.0 that I wanted to share with you here after the interview is over, just between you and me, not between all of us. But that one of the things that I love about Active Kids 2.0 is not only are they incredibly passionate about what they do, their teacher and coaching team is diverse in all of their skin colors, in their styles, in their methods. Every teacher is different. And I love that about the culture and the company that Larissa has created. If you've been around Homeschool CEO very long, you know that I will always encourage you to include diversity not just in skin color, but in religion, in belief systems, all the things around your family and your homeschooling, so that you can just enrich your child's life and really prepare them for the world that they're going to enter.

Jen Myers 39:52

Alright with that being said, if you want your kids to have fun, move their bodies and maybe even give you 30 minutes of uninterrupted alone time, be sure to check out Active Kids 2.0, connect with Larissa on Instagram. Let her know that you heard her here at the Homeschool CEO podcast. I know she would love to hear from you. And I know I tell you all the time, but seriously, thank you so much for tuning in week after week. I love making the podcast for you, talking to you. And I'm just so appreciative that you join me week after week. See you next time.

Jen Myers 40:37

Hey, friend, I just want to say thank you so much for tuning in today. If you loved what you heard, please be sure to head over to Apple Podcasts and leave a review. I really appreciate it. And for more information on connecting with other homeschool CEOs just like you, be sure to check out our website at www.homeschoolceo.com and as always team Homeschool CEO, you ladies inspire me. Thank you for always showing others what is possible. You guys are awesome. See you next week.