

FITNESS > WORKOUTS > CELEBRITY WORKOUTS

How Carrie Underwood Manages to Stay Fit On the Road As a Mom of Two

The singer shares her refreshingly balanced view on fitness and her no-fail tricks and tools for getting a hotel workout in anywhere.

By [Maressa Brown](#) | Published on October 3, 2019



PHOTO: MARK LEVINE/CONTRIBUTOR/GETTY IMAGES

Between headlining a massive national tour, being a successful entrepreneur (have you seen her [activewear line CALIA?](#)), and hosting a cool 9+ million Instagram followers who watch her every move, there's little about Carrie Underwood's life that feels basic. But when it comes to fitness, it's actually no-nonsense workouts that keep the performer grounded and fit, especially when she's juggling arena performances and home life with her sons (4-year-old, Isaiah and 9-month-old, Jacob) and husband Mike Fisher.

"We all have enough to worry about and enough to do in our lives," says Underwood. "I believe in keeping things as simple as possible—from workouts to skin care. The fewer things I have to think about

and worry about, the better. If it's too complicated, I'm not going to do it." (

RELATED: [Carrie Underwoods Shares What Gives Her Extra Workout Motivation In the Gym](#)

Here's how Underwood gets her sweat on no matter what city she's in, how motherhood has influenced her current approach, and her current fitness goal.

How Her Fitness Routine Changes with the Seasons

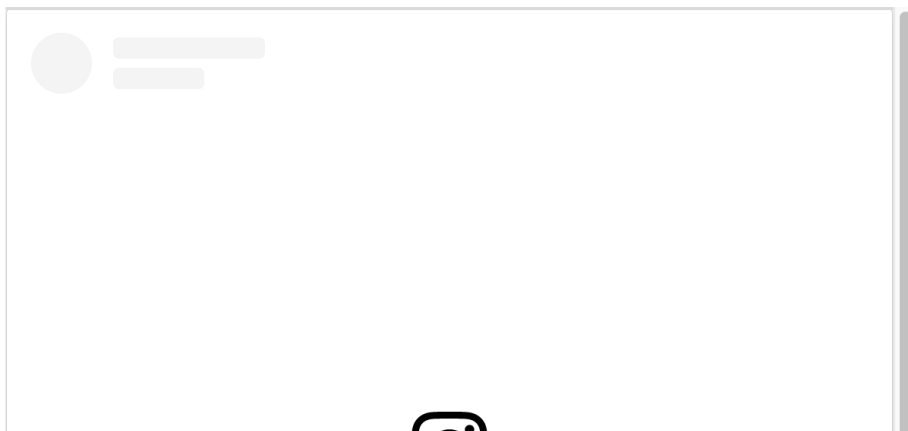
"I want to listen to my body and do what I'm in the mood for. On different days, that means different things. I'm a bit of a seasonal workout person. If you think about it, in the winter, we're all bundled up, and we all want to be warm, comfortable, there are a lot of holidays. So, I'll lift more and do less cardio then and make use of all those extra holiday food calories and build some muscle. In the summer, I want to feel lighter. I want to run and sweat, so I use the temperature and that feeling to lean up a bit and do more outdoor cardio things."

How She Always Manages to Fit In a Workout

"I've become an expert at working out with nothing! I'm great at putting things together, and thinking: 'What do I have around me that I can use?' Maybe it's three steps—I can use that! Or I have a chair I can do dips on. Obviously, if you work with your bodyweight, you can do push-ups anywhere. You can do sit-ups anywhere. You can be in your hotel room, and you don't have to leave. You just have to think outside the box, and get creative."

(

RELATED: [You Can Do This Hotel-Room Workout with Zero Equipment](#)





[View this post on Instagram](#)



[View more on Instagram](#)



241,828 likes



Add a comment...



The Fitness Equipment She Brings Everywhere

"I like traveling with a few things that are easy to pack. So, you can get an ab wheel you can put in your bag, and it doesn't weigh a lot or take up a lot of space. It can be painful, but you don't have to do many of them to feel it the next day. I like keeping it simple. I'll also use [resistance] bands and jump ropes that you can pack and take anywhere with you and easily come up with a workout."

(P.S. You can grab all these items and more [cheap workout equipment right on Amazon.](#))

Her Must-Have Activewear for Fall & Winter

"I like materials that move with me and stay where they're supposed to stay. Some of my favorites are the pieces that are soft and are just meant to be worn day to day. I do love the **Energize Printed 7/8 Leggings** (Buy It, \$65, [caliastudio.com](#)). They're super comfortable and also work great in the gym and anywhere else. We have this cool Cracked Marble pattern out right now."

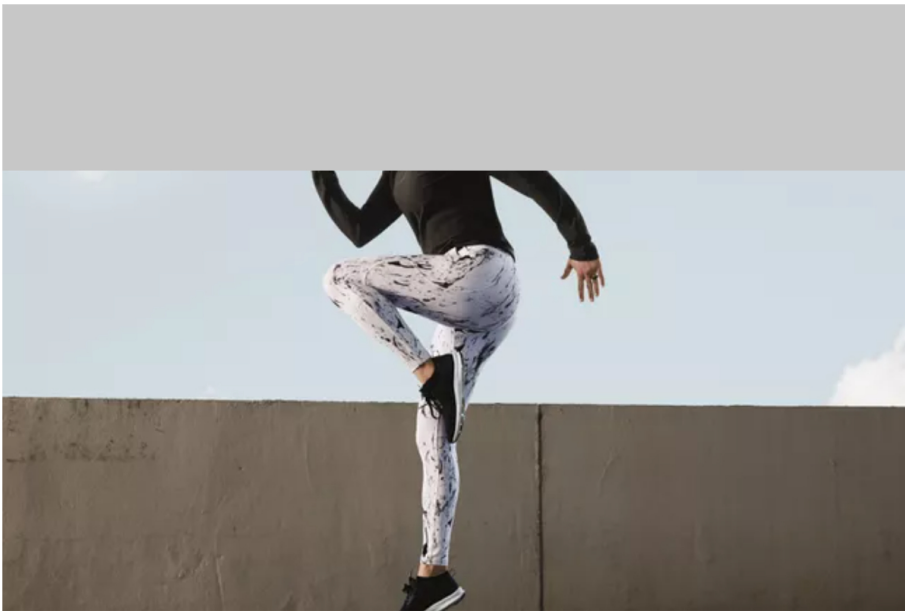


PHOTO: CALIA

Her Latest (Badass) Fitness Goal

"I want to be stronger. If I feel good in my clothes, and I'm starting to see some muscles, it just makes me want to keep going. I enjoy how I feel when running up a flight of stairs or picking up my kids or carrying things is easy. I like seeing muscles and feeling progress, so I'm always looking to lift more or do more reps."

How She Involves Her Oldest Son

"Isaiah loves to work out. When I go running, if he comes with me, he only stays out there like five minutes anyway, and then he's like, 'I'm done with this!' Sometimes I'll say, like, 'Alright buddy, do some push-ups for me!' He thinks it's fun."

"I do think it's important to set that example for your children. I want Isaiah and Jacob to live long, happy healthy lives. I let him know that's why we work out. My own mom would be like, 'I need to lose weight,' and I feel like it's really easy for women to put themselves down in front of their kids. We all do it. We all analyze and we don't even realize we're doing it. We should shift our focus and our words." (

RELATED: [The Important Reason I'm Raising My Daughter to Be an Athlete That Has Nothing to Do with Fitness](#)



[View this post on Instagram](#)

How She Learned to Be Kind to Herself

"[After I was pregnant] with Isaiah, I was able to get back to the gym right away, and it was exciting and fun, and I felt strong quickly. After Jacob, it was a different ballgame. My body had a different experience with pregnancy, in general. I was down on myself and putting myself down and wondering, 'why isn't this the same as it was a few years?'

Shifting my focus was the most important thing, saying, 'OK, this was a different pregnancy. Not everything going to be perfect and the same all the time.' That's just the challenge of getting older. Things are going to be different in 10 years than they are now, and

How She Learned to Be Kind to Herself

"[After I was pregnant] with Isaiah, I was able to get back to the gym right away, and it was exciting and fun, and I felt strong quickly. After Jacob, it was a different ballgame. My body had a different experience with pregnancy, in general. I was down on myself and putting myself down and wondering, 'why isn't this the same as it was a few years?'

Shifting my focus was the most important thing, saying, 'OK, this was a different pregnancy. Not everything going to be perfect and the same all the time.' That's just the challenge of getting older. Things are going to be different in 10 years than they are now, and I'll have to evaluate where I'm at in the moment and make the best of it: to accept my body and all the amazing things it can do, and cut myself some slack. Once I started doing that, I started to feel like myself again. I'm still striving and pushing. It's a life-long process. It's not a sprint, it's a marathon.

My advice for other moms? Don't work out to lose weight. Treat your body right in order to be *healthy*. When people talk about deprivation diets and all the things they can't have, that messes

with your mind. You don't want to be like, 'I can't do this, I can't eat that.' Focusing on all the good, healthy, yummy things you can have and can do, it's so much healthier than thinking about workouts as a punishment."

(

RELATED: [Carrie Underwood Shares Why Working Out After Her Second Pregnancy Wasn't Easy](#)

Was this page helpful?



Related Articles



HEALTH AND WELLNESS

I'm a Fitness Influencer with an Invisible Illness That Causes Me to Gain Weight

By Katie Dunlop and Faith Brar



CELEBRITY WORKOUTS

You're Going to Sweat Just From Watching Carrie Underwood Crush the 'Rock the Boat' TikTok Challenge

By Korin Miller



CELEBRITY NEWS

Mindy Kaling Shares the One Fitness



CELEBRITY NEWS

Carrie Underwood Says Setting This

Lesson She Wishes She Learned Earlier

By Megan Falk



INTERVIEWS

Meet Zion Clark, the Incredible Athlete Making Fitness More Accessible for People with Disabilities and Injuries

By Christie Calucchia

One Workout Goal Helps Her Feel Her Best

By Michelle Konstantinovsky



EXERCISE TIPS

How to Wake Up Early for a Morning Workout, According to Women Who Do It at 4 A.M.

By Gabrielle Kassel



CELEBRITY NEWS

Tracee Ellis Ross Opened Up About Her Hair Journey and Aging

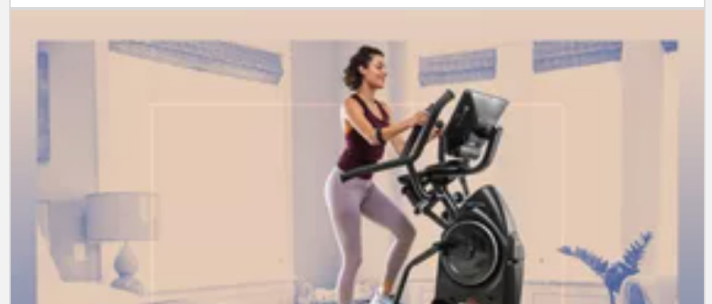
By Arielle Tschinkel

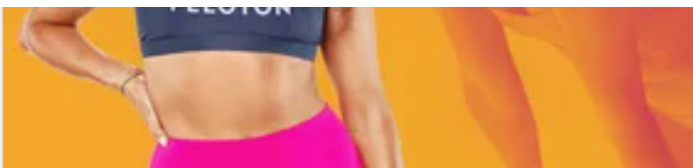


CELEBRITY NEWS

Iskra Lawrence Shares How Pregnancy Impacted Her Eating Disorder Recovery

By Michelle Konstantinovsky





INTERVIEWS

Peloton's Camila Ramón Is Blazing a Path of Body-Positivity for the Latinx Community

By Michelle Konstantinovsky



EQUIPMENT

I Tried the Bowflex Max Total 16 Machine and Jrny Fitness Subscription for Two Months: Here's My Honest Review

By Anna Knief



HEALTH AND WELLNESS

What People Don't Know About Staying Fit In a Wheelchair

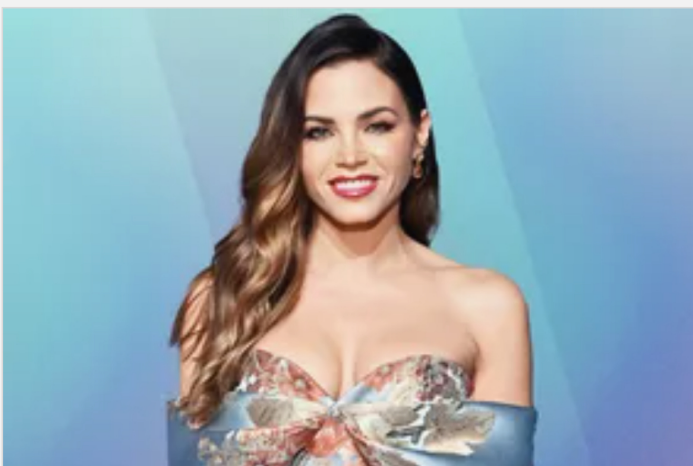
By Kristen Parisi



INTERVIEWS

Tia Mowry Says She Saw 'a Huge Shift' In Her Health When She Changed Her Eating Habits

By Pamela O'Brien



INTERVIEWS

Jenna Dewan's Self-Care Routine Involves Meditation, Nachos, and a Warehouse of Crystals

By Maressa Brown



INTERVIEWS

Vanessa Hudgens Is Done 'Trying to Suppress Pieces' of Herself

By Pamela O'Brien

