

# Jazzercise president to women: Stop judging

By [Katherine P. Harvey](#) 12:23 p.m. Jan. 22, 2015 Updated 1:36 p.m.



Shanna Missett Nelson, president of Jazzercise, headquartered in Carlsbad. Missett Nelson shared her tips on how to juggle work and family life at a luncheon on Wednesday. — *Courtesy photo*

It's not easy to be a woman and have it all, even if you're the president of a multinational company.

Arianna Huffington acknowledges the challenges of striking a healthy work-life balance, Yahoo! CEO Marissa Mayer has drawn criticism for it, and [Jazzercise](#) executive Shanna Missett Nelson says it's the hardest thing she's ever tried.

Missett Nelson, president of the Carlsbad-based fitness franchise and mother of two daughters aged 9 and 12, shared her advice on how to juggle work and family with a group of businesswomen Wednesday. First, she said, women need to accept that the balancing act is tough, stop judging, and start supporting each other.

"The hard thing about women is we're so hard on ourselves," Missett Nelson said at the luncheon hosted by [Silvergate Bank](#) at the Green Dragon Tavern and Museum in Carlsbad. "And then we're really hard on each other."

Missett Nelson said her tips all come from her experiences growing up in and working in the Jazzercise community, which is now one of the world's leading fitness companies with more than 8,300 franchisees teaching 32,000 classes per week in 32 countries.

### **1. Whatever you need for your family, share it with those you trust.**

"I'm a firm believer that when you talk to people, you need to tell them what you need," she said. "I think sometimes we're afraid because we think we should have it covered and do it on our own."

### **2. You need good help.**

"If you're going to work and have a family, you need help," Missett Nelson said. "Whether it's a babysitter, a housekeeper, a dog walker or what-have-you. Have a good relationship, and be open and clear with them."

### **3. Don't copy other people's schedules; make your own.**

"Think about what kind of schedule would work best for you, your family and your work life," she said.

Most of all, Missett Nelson said, embrace your choices and don't let others make you feel bad for them.

"Check yourself, and say, 'OK, do I need to feel guilty about this, or is it a part of who I am?' And then teach your kids and those around you why it's important to you."

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