

Burn baby, burn!

Calories that is. Walking has long been acknowledged as a great way to lose postpartum pounds, but now there's evidence that shows just how amazing the benefit is.

A recent study from the University of Wisconsin says your calorie burn is 20 percent higher when you push a baby stroller at 3.5 miles per hour than when you walk alone.

Just think of how much you can burn during a Baby Boot Camp class full of catch-up drills!

Not sure how fast you're going? You can track your speed, distance and time with a [Strollometer](#), our favorite wireless speedometer for baby strollers. Available at babybootcamp.com or target.com.

Read related article by a Baby Boot Camp instructor, "Burn More Calories Pushing Your Kiddos"

http://www.babybootcamp.com/pages/fitness_detail.aspx?fcid=78

