

strollometer[®]

Stroll back into shape.[™]

TOP FIVE BUGGY FIT TIPS

- 1) Ensure you have your buggy handle as high as needed to ensure your elbows are at right angles. You don't want to be hunched over your stroller. Don't grip the handle too tight either; finger tips can push most buggies these days!
- 2) Remember to keep your shoulder blades back and chest out as you push. Lift your head tall and walk proudly with your new baby.
- 3) Imagine your hipbones are like headlights and they need to light up your route in the direction you are walking. At the same time work your stomach muscles and think about pulling your navel in towards your spine.
Your abdominal muscles need to be 'zipped up' from your pubic bone up towards your sternum (breast bone).
- 4) A strong posture is vital when we decide to add speed to our walking. Don't leave your bottom behind you, or wiggle as you walk!
As you walk, you need to think about your toe push off and make sure you squeeze your butt as you take each step.
It's not only great for your posture, but makes you really contract your muscles as you start to pick up your pace intensifying your workout.
- 5) With each stride make sure you have a heel-toe action as the foot hits the ground. It is advisable to wear a properly fitted pair of trainers, wear a well-fitted sports bra and take some water with you wherever you go!