

# strollometer<sup>®</sup>

## Stroll back into shape.<sup>™</sup>

### GETTING STARTED....

First of all, congratulations on becoming a mum! Whether this is your first baby or your tenth, the most important thing for you to remember is these first few weeks are about bonding with your newborn. As much as you want to shed those excess pounds and get back into shape, to start with maybe just enjoy some easy walks and get used to being a mum.

As you get into your stride and parenting becomes a little easier start taking short walks for 5-10 minutes gradually adding 5 minutes per week in the first 5 weeks.

You should be proud to be a parent so focus on standing tall as this will help strengthen those important muscles that have no doubt got a bit loose during pregnancy.

Need an excuse to do some window shopping? Whilst out pushing your buggy take a second to look at your reflection. If your bottom is lagging behind recite the nursery rhyme, 'Head, shoulders, knees and toes' and ensure all of them are aligned.

**Over the following weeks get early results by following our get started tips below. Before you know it you'll be moving on to our Strollometer workout!**

### GET READY...

Until you get your GP's go ahead to resume exercising after the birth of your little one, (6 weeks or 8-12 if you had a c-section) follow the easy short walks build up guidelines above

### TREAT YOUR FEET...

Well fitting, supportive trainers are important for your Strollometer Workout. Even for walking, it's essential you have support from the feet up, it will help with posture

### SUPPORTIVE BRA WILL TAKE YOU FAR...

Ensure you wear a well fitting sports bra for your fitness walking programme. Nobody wants saggy breasts so protect the tissue, especially after childbirth.

### LAYER UP...

Exercise elevates your body temperature, so layer up in loose clothing to stay comfortable. You can take layers off and add them back on as your body temperature changes.

### TOP TIPS...

**Fit your strolling in whenever you can. Three 10-minute walks a day can benefit you as much as one 30 minute workout. The best schedule is the one that keeps you strolling & keeps you fit.**

**Track your progress by logging your stats on our Stroll for Good Facebook Application**  
<http://apps.facebook.com/strollforgood/>

**Strap baby securely into your buggy.**

**Focus on good posture - keep your head lifted and shoulders relaxed.**

**Lift Stroller handle high enough to prevent a stooping posture**

**Talk while you walk - always check your intensity by scoring yourself on a scale of 1-10.**

**You should be 5-6 on this scale which means you are able to hold a conversation.**

**1 = easy breathing 10 = can't talk**

**Listen to music to motivate you as you walk, for safety be aware of those around you, don't listen too loud.**