



# Wee Learn

Wee Beginners  
(0-18 months):

8 Ways to Find Time to  
Exercise as a New Mom



For many new moms, exercise takes a back seat to more pressing concerns — sleep, for instance. But you'll find you have renewed energy for yourself and your baby if you make time for even short bursts of exercise. Ten minutes here and there is better than nothing, and it'll do you a world of good.

The key is finding an activity that you enjoy and that meshes with your schedule and lifestyle. If you like what you do during your workout, you'll view it as a necessity rather than an option. For starters, try these suggestions:

- Go for a hike with your baby in a front carrier or sling or, if he/she can sit up already, a backpack. Make sure your baby is well supported — a sling is fine for a walk around the block but not for a more rigorous urban walk or a hike through the hills. Whatever carrying device you choose, make sure it doesn't strain your shoulders, neck, or back.
- Put your baby in the stroller and go for a walk. When your baby is at least 6 months old, you can put him in a jogging stroller and go for a jog.
- Have your partner or another caregiver watch the baby for 30 minutes, so you can get out for a walk around the neighbourhood — and enjoy some precious time to yourself. If you're working outside the house, try getting up about an hour before you need to leave in the morning and head to the gym or go for a walk. If you're a stay-at-home mom, get up before your partner leaves to get some exercise in.
- Bring your sneakers to work and go for a stroll during your lunch break. Ask a co-worker to join you to pass the time and make it more fun.
- Check out local health clubs or yoga studios. Many offer postpartum exercise classes suitable for new moms — as well as day care and even classes you can take *with* your baby. If a postpartum class isn't on the roster at your gym, pick a low-impact class that has a decent warm-up period — at least ten minutes — that also includes stretching and toning.
- Join a mom-and-baby stroller exercise program like Baby Boot Camp or Stroller Fit. It's a great way to get outside, exercise, meet other moms, and spend time with your baby.
- Consider investing in some home exercise equipment that you can use when your baby is napping or otherwise occupied. Even something as small as a jump rope or some dumbbells will help you get into shape.
- Work it out at home. Whether you're looking to sweat it out with aerobics or kick some butt with kickboxing, there's an exercise DVD out there to suit your needs. If you're feeling adventurous, check out the Wii Fit exercise system and put a modern spin on your exercise routine. If you're on a budget, try searching online for free exercise videos or download an exercise app for your smartphone.

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