

## BUILD YOUR SUPPORT SYSTEM

Being a mom is hard work! Having a support system to help you get through hard times is important.<sup>2,4</sup> It is hard for women of an unhealthy weight to lose the baby weight when they are stressed.<sup>3,5</sup> Walking is a great way to relieve stress, but do not forget to build your support system. To build your support system, try this:

### TIPS OF THE WEEK

- Having a support system gives you the confidence to get through hard times.
- Get in touch with other moms through Facebook, Twitter or Instagram.
- Walk 90 minutes every day. That equals 9,000 steps each day!

- Invite family and friends to walk with you.
- Take a Zumba class to meet other moms.
- Meet moms at church or local recreation centers. Set a time to walk, or set a playdate for the babies.
- Share your walking progress on Facebook and Twitter. Your friends will cheer you on from there!
- Connect with other moms through blogs or phone apps, like Fitbit and Instagram.
- Contact your team. They can check on you and send you reminders to walk.
- Spend time with friends that love and support you. This helps your baby grow up healthy and happy.<sup>4</sup>
- Wear your pedometer when you are active!

### TO FIND OTHER MOMS:

#### MOMS MEETUPS IN LOS ANGELES

[moms.meetup.com/cities/us/ca/los\\_angeles/](https://moms.meetup.com/cities/us/ca/los_angeles/)  
[walkers.meetup.com/cities/us/ca/los\\_angeles/](https://walkers.meetup.com/cities/us/ca/los_angeles/)  
[stroller-walking.meetup.com/cities/us/ca/los\\_angeles/](https://stroller-walking.meetup.com/cities/us/ca/los_angeles/)

#### SEE MOMMY RUN – FREE ONLINE NETWORKING FOR ACTIVE MOMS

<http://www.seemommyrun.com/register>  
[whattoexpect.com/forums/los-angeles.html](http://whattoexpect.com/forums/los-angeles.html)  
[momonthemake.com/walking-groups-for-moms/](http://momonthemake.com/walking-groups-for-moms/)

## RESOURCES:

### MAYO CLINIC - WALKING GROUP: BANISH BOREDOM, BOOST MOTIVATION

[mayoclinic.org/healthy-living/fitness/in-depth/walking/art-20045837](http://mayoclinic.org/healthy-living/fitness/in-depth/walking/art-20045837)

### AMERICAN HEART ASSOCIATION – WALKING CLUBS

[http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/Start-or-Join-a-Walking-Club\\_UCM\\_460019\\_Article.jsp#.WCy9Irl0M](http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/Start-or-Join-a-Walking-Club_UCM_460019_Article.jsp#.WCy9Irl0M)

### GO RED FOR WOMEN – HOW TO START A WALKING GROUP

<https://www.goredforwomen.org/live-healthy/heart-healthy-exercises/how-to-start-a-walking-group/>

### LA COUNTY – COMMUNITY WALKING CLUB TOOLKIT

[publichealth.lacounty.gov/ivpp/Toolkit%20KF%206\\_25%20BW.pdf](http://publichealth.lacounty.gov/ivpp/Toolkit%20KF%206_25%20BW.pdf)

### CALIFORNIA DEPARTMENT OF PUBLIC HEALTH – ESTABLISHING WORKSITE WALKING CLUBS

[cdph.ca.gov/programs/cpns/Documents/EstablishingWorksiteWalkingClubs.pdf](http://cdph.ca.gov/programs/cpns/Documents/EstablishingWorksiteWalkingClubs.pdf)

### FOOTLOOSE LA – PLAN A WALK THROUGH THIS NONPROFIT LOS ANGELES AREA WALKING GROUP

[footloosela.org/](http://footloosela.org/)

### THE WALKING SITE

[thewalkingsite.com/clubs.html](http://thewalkingsite.com/clubs.html)

### FIRST MOMS BREATH – NEW MOM HEALTH

[firstbreathmoms.org/new-mom-health/](http://firstbreathmoms.org/new-mom-health/)

### NEW MOM'S SOCIAL SUPPORT SYSTEM

<https://www.mower.com/knowledge/new-moms-social-support-system/>

## APPS:

### FITBIT

[itunes.apple.com/us/app/fitbit/id462638897?mt=8](https://itunes.apple.com/us/app/fitbit/id462638897?mt=8)

## VIDEO

### MY BIGGEST PARENTING SURPRISE

[babycenter.com/2\\_my-biggest-parenting-surprise\\_10348076.bc](http://babycenter.com/2_my-biggest-parenting-surprise_10348076.bc)

### EVERYBODY WALK!

[itunes.apple.com/us/app/every-body-walk!/id605043801](https://itunes.apple.com/us/app/every-body-walk!/id605043801)

### YOUTUBE CHANNEL HELPS MOMS FIGHT STRESS

[today.com/video/today/55816250#55816250](https://today.com/video/today/55816250#55816250)

### 'THIS MOM NEEDS HELP' CAN HELP YOU

[vimeo.com/61438715](https://vimeo.com/61438715)

## REFERENCES:

1. Coghill, N., et al. (2009). Motivators and de-motivators for adherence to a program of sustained walking. *Preventive Medicine*, 49, 24.
2. Andersen PA & Telleen SL. The relationship between social support and maternal behaviors and attitudes: a meta-analytic review. *Am J Community Psychol* 1992;20:753-74.
3. Foreyt JP, et al. Psychological correlates of weight fluctuation. *International Journal of Eating Disorders* 1995;17:263-275.
4. Guzman M (2013). New moms need social support. *Psychology Today*. Retrieved from <http://www.psychologytoday.com/blog/moral-landscapes/201301/new-moms-need-social-support>
5. Block JP, et al. Psychological stress and change in weight among U.S. adults. *Am J Epidemiol* 2009;170:181-192.