

NEW BABY, NEW WORKOUT

Be active with your family and set fun and healthy traditions. Being active with the baby helps them learn and grow. This is also a great way to bond with the baby.

Being active with the baby can make an easy workout seem a little tougher. Carrying the baby helps your shoulder, arm, and back muscles get stronger. Carrying grocery bags, walking up and down stairs, and carrying a gallon of milk also helps your muscles get stronger!¹

TIPS OF THE WEEK

- Being active with the baby can help your muscles get stronger!
- Being active with the baby helps them learn and grow.
- Walk 85 minutes every day. That equals 8,500 steps each day!

After walking, try these activities to build stronger muscles². Some can be done with the baby! Don't forget to wear your pedometer!

WALL PUSH-UPS

1. Face the wall, feet slightly apart, legs straight.
2. Place hands on the wall, open arms slightly wider than shoulder-width.
3. Bend elbows; lean head and chest to the wall. Come close to the wall, but your nose should not touch the wall.
4. Hold position for 2 seconds.
5. Straighten arms and return to start position.



SQUATS

1. Stand in front of a chair. Feet are hip-width apart.
 2. Lower down as far as you can, but do not sit on the chair. See photo.
 3. Hold the position for 2 seconds.
 4. Straighten legs and return to start position
- *To make it a little harder, try holding the baby.*



SUPERWOMAN

1. Lie down with your belly on the floor.
 2. Lay arms flat out in front of you.
 3. Raise head and arms up.
 4. Hold position for 2 seconds.
 5. Lower head and arms back to start position.
- *For a challenge, lift up legs and arms up at the same time.*



TOE LIFT

1. Stand in front of a kitchen counter. Place fingertips on the counter.
2. Stand up on your tip-toes.
3. Hold position for 2 seconds.
4. Lower heels and return to start position.



BICEP CURL

1. Hold baby in front of your chest. Keep elbows close to your body.
2. Bend elbows and raise baby up, close to your chin.
3. Hold position for 2 seconds.
4. Return to start position.



FLYING BABY

1. Hold baby in front of your chest.
2. Lift baby up to the sky.
3. Hold the position for 2 seconds.
4. Bend elbows and return to start position



RESOURCES:

WHY SHOULD WOMEN BUILD STRONGER MUSCLES?

[youtube.com/watch?v=3J8KssYMdeM](https://www.youtube.com/watch?v=3J8KssYMdeM)

HOW MUCH PHYSICAL ACTIVITY DO ADULTS NEED?

[cdc.gov/physicalactivity/everyone/guidelines/adults.html](https://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html)

MOMMY AND BABY EXERCISES

parenting.com/gallery/exercises-to-do-with-your-baby

10 MINUTE WORKOUT WHILE BABY NAPS

pregnant.thebump.com/new-mom-new-dad/your-life/articles/10-minute-workouts-while-baby-naps.aspx?MsdVisit=1

BLOGS:

EXERCISE WITH BABY

[babyzone.com/mom/moms-fitness-and-diet/exercise-with-baby-postpartum-exercises_70274](https://www.babyzone.com/mom/moms-fitness-and-diet/exercise-with-baby-postpartum-exercises_70274)

APPS:

MOMS INTO FITNESS:

itunes.apple.com/us/app/moms-into-fitness/id521560888?mt=8

VIDEO

HAPPY BABY WORKOUT

[youtube.com/watch?v=7zYLxBOlWHQ](https://www.youtube.com/watch?v=7zYLxBOlWHQ)



WORKOUT WITH BABY AT HOME

[youtube.com/watch?v=Asx7iP7tksA](https://www.youtube.com/watch?v=Asx7iP7tksA)

REFERENCES:

1. ACSM Position Stand. Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise. *Med Sci Sport Exerc* 2011;43:1334-1359.
2. Centers for Disease Control and Prevention. Physical Activity Videos. Retrieved from <http://www.cdc.gov/physicalactivity/everyone/videos/index.html>
3. Norman, E., Sherburn, M., Osborne, R., et al. (2010). An Exercise and Education Program Improves Well-Being of New Mothers: A Randomized Controlled Trial. *Physical Therapy*, 90: 348-355