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A U S T R A L I A N

# Mother & Baby

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Bumper  
issue

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10 WAYS TO...

## Boost your post-baby sex life



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# FAMILY TRAVEL

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- Holiday tips: fit mums reveal

## Meningococcal How to spot the signs

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an emap magazine



# GET YOUR BODY BACK

There are fun ways to feel trim and toned after your baby arrives... no, really!

Deciding when to get fit again after your baby arrives is a highly individual thing. Some mums exercise while they're still breastfeeding with some success – others find it too hard to keep their milk supply up or their weight on if they do too much. And, there are the mums who love their new addition so much that time with baby is the key, exercise can wait.

Even if you don't want to run any half-marathons just yet, take the advice of your physiotherapist at the hospital and do those minimal abdominal exercises – it's not really about getting back in shape, it's more about getting your separated abdominals to start to travel back together again. Here are lots of ways to get some exercise and maybe even have a bit of fun.

## EXERCISE BALLS

They've been around for a while now and if you don't know what all the fuss is about, fit balls or exercise balls can help you activate and strengthen your abs and even your pelvic floor – and all you do at first is sit on the thing.

Sports scientist and managing director of AOK Health, Bradley Wilson says that the mediBall offered by AOK gives mums a handy way to start rediscovering 'lost' muscles after the baby arrives.

"If you haven't had surgery, you can start exercising by sitting on the ball. You're basically gripping with your pelvis, which tends to encourage your pelvic floor to contract. Your nervous system makes you balance and that helps to make your posture work correctly again.

"During pregnancy you put a lot of strain on your core posture – you've got such an incredible load at the front of your body. And, because of

the change in the tone in the muscles and ligaments and even your bones when you're pregnant, it's important to avoid strenuous exercise after the birth. It should be gentle and you should listen to your body for signs of strain."

Bradley says that when you're feeling stronger you can do workouts with the ball. Ask your doctor for a referral to a physio to get sound instructions or find a good personal trainer. There's also information on the company website, ([www.aokhealth.com.au](http://www.aokhealth.com.au)) on pregnancy and exercise.



**COST:**

AOK's mediBalls start at \$79 and \$99 buys you an antiburst ball, available at Rebel Sport.



## BODA SALONS

There are two of

these delightful havens in Sydney, and more planned for around Australia, and both have one of the world's greatest inventions for post-baby bods. Toning tables are 'beds' you lie on and they move for you – there are around 10 types of table, each designed to tizzy and tone different parts of your body. The principle is that because you do around 100 easy repetitions of each exercise, your muscles strengthen and you hardly break a sweat – the salon will do a specific workout to ease your post-baby body into the swing of things. As you gain strength, you can make the exercise harder for yourself by resisting the table movement.

Visit the Boda website at [www.boda.com.au](http://www.boda.com.au)

**COST:** A package of 10 visits costs \$255 and the salon will throw in a spa pedicure and a bonus toning session for free

## PRAMFIT

They're only in Sydney at the moment, but PRAMfit plans to expand to other cities soon. The organisation could be the solution if you're putting off your post-baby body fitness routine because the idea is that you exercise outdoors for an hour and a half under the watchful eye of a fitness instructor with a group of mums while your baby is cared for nearby. One carer looks after five babies, so you know your little will be well looked after.

PRAMfit exercise physiologist Mandi O'Sullivan says, "The best thing about PRAMfit is that mums are getting back into shape, but they often comment about the emotional and mental release of classes." Call Mandi O'Sullivan, on 0418 418 222, to book into a class.



**COST:**

\$20 per class and childcare is \$2.50 per child

