



# Getting Fit for New Moms!

- Use things around the house to ease back into shape such as the stairs for cardio, one-leg lunges and push-ups. I also used my couch for step-ups, push-ups, tricep dips and sit-ups. I even used Jaxon—holding him while doing squats or laying him on the floor and giving him a kiss each time I went down in a push-up or plank.

## USE APPS

- Nike Training Club (NTC) has an amazing app where you can choose the intensity, time limit and area you want to work on and view short videos that demonstrate each exercise.

- When you are ready for more challenging exercises, incorporate HIIT (High Intensity Interval Training) into your day. HIIT are 12-minute workouts where you give 110% effort with minimal rest in between. HIIT is highly efficient and easy to fit in while your baby naps! You can find great HIIT workouts on [www.BodyRock.tv](http://www.BodyRock.tv).

- I also used a Fitbit to make sure I got all my steps in. I wouldn't go to bed unless I reached those 10,000 steps, or more!

## USE FREE CHILD WATCH

- At the Y, we offer free child watch for babies as young as three months and up with our family memberships! 🌈

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**A**fter giving birth to Jaxon, it was a priority for me, as it is for many new moms, to get back into shape. I'll be the first to admit that it's not always easy squeezing in fitness between diapers and feedings, but here are a few of my favorite tips that I found worked for me.

## EASE INTO IT

- It was at least three months after my c-section before I felt ready to be active. For vaginal deliveries, give yourself at least four to six weeks. Once your doctor has cleared you for exercise, start small with short walks.