

4 steps to **Being Active:**

Try it, you'll like it

You're on your way

Keep it going

Being Active Together

These activities are suggestions for new mums. They can be matched with your current physical activity levels. This is a guide only that can be used on your own or together with your nurse.

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Being Active: Try it, you'll like it

So you want to be more active. A good way to begin is by trying to make active living a natural part of your day. These tips will help.

- Dance with your baby/child for 10 minutes a day whenever you can.
- Try a minimum of 10 minutes of stretching or walking.
Aim for 5 times a week.
- Park your car 10 minutes from the shops and walk the rest of the way.
- For short trips, leave the car at home and walk with your baby/child in the pram. Try for 2-3 times a week.
- Get outside and dig, prune, rake and weed in the garden every second Sunday.

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- Escape the house and explore 10 minute walking routes in your neighbourhood.
- Check if your local council provides walking maps.
- Find out from your council or community centre if there are pram walking groups or mums and bubs yoga classes near you.
- Check local swimming or gym classes for any that provide child minding.
- Do 10 minutes of exercises and stretches next to your baby while he or she has tummy time.
- Ask a friend or family member to go for a walk with you.

Congratulations - you have made progress in increasing your physical activity levels since the birth of your baby. Here are some ideas to reach 30 minutes of physical activity on most days of the week:

- Increase your daily activity **time** to 20 minutes.
- Increase the **number** of times you are physically active.
- Replace 15 minutes of sitting time with movement such as dancing or walking around the house.
- Plan longer pram walks on the weekends and take someone else with you.

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- Go for a bike ride while someone minds the baby/child.
- Have a swim at a local pool that provides child minding or try a casual gym class.
- Plan for some 'me time'- meet a couple of friends for a 20 minute walk while someone else minds the baby/child.

Being Active: **Keep it going**

You are now doing 30 minutes of physical activity on most days and you want to maintain it. The key is to keep it fun by increasing the intensity and challenge so that you look forward to it. Here are some suggestions:

- Plan how to do at least 150 minutes of physical activity per week and how you will gradually do more, say 45 minutes a day.
- Find a local park and do laps. Aim to walk continuously for 40 – 45 minutes or try jogging some laps.
- Try a new activity - swimming, running, cycling or an exercise class at a local gym or community centre.

Keep it going

- If you have been walking, jogging or cycling regularly, try a longer or more hilly route 2 - 3 times a week.
- Walk your normal route more quickly than usual. Jog when you need to cross the road.
- Train for and enter a local walking, running or swimming event.
- Plan family or group outings that include physical activity such as walking, swimming or cycling for one or two hours.
- Plan to get back into a team sport - join a local comp and have someone mind the baby/child.

As a parent, you want what is best for your baby/child and to be a positive role model. If your baby/child grows up being active with you, they will see it as a normal, everyday thing to do. Think of fun things to get up and get moving, and away from screens, especially with other family members.

These may include:

- Walk to a park on weekends. Take the baby out of the pram or carrier and play active games together.
- Meet up with a local playgroup once a week.
- Go for pram walks in the evening after dinner. Once your child is able, let them walk some of the way too.
- Celebrate special occasions such as birthdays and anniversaries by riding or walking to favourite places.

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- Buy active gifts, such as balls, frisbees, a kite or bikes.
- Play fun, active family games at picnics.
- Go to a local pool on weekends and take turns with your partner or a friend doing laps or minding the baby/child.
- Train with other people for a charity pram walk or run.
- Spend less time sitting by setting limits on watching television and computer and video games - try a no TV day during the week.
- Provide safe and interesting places for your baby/child to play indoors and outdoors.
- Try '**active travel**', by walking to the shops, bus stop or train station, when you can.
- Leave the car at home for short trips on the weekends. Try for a car free day once a fortnight.

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