

Working out with your baby



MomBod



by Elise Hall

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Who am I?

Hi there! I'm Elise, certified babywearing consultant, maternal fitness specialist, Kangatrainer, yoga teacher, and active mom of 2.

It's my mission to connect you with the resources and support you need to thrive in motherhood!

I designed this guide to be a first-step introduction to the magic of babywearing fitness...and I hope it's exactly that - just the beginning of your journey to a happier, healthier motherhood.

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Why babywear?

It's more than just a stroller replacement!



Babywearing has tons of benefits for you and your baby!

Wearing your child consistently:

- *enhances bonding*
- *supports baby's development*
- *has been shown to improve maternal mental health*
- *boosts parental confidence & freedom*
- *reduces crying & supports healthy sleep*

Why exercise?

Hint: it has nothing to do with "bouncing back"



Improve cardiovascular health



Boosts dopamine, the "happy hormone"



Build strength & endurance for daily tasks



Children of active parents more likely to be active



Reduce risk of chronic disease

The perfect combo!

Combining babywearing and exercise is a great way to reap all the benefits of both!

- No need for a babysitter
- Gradual increase in weight as baby grows
- No extra equipment
- Can be done anywhere
- Combines self-care and bonding time with your baby
- May help you find a community of like-minded parents



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How to begin

*There's no award for rushing - everyone's timeline will be a little different.
When in doubt, start slow!*



- 1** Get the OK from your healthcare provider
- 2** 6 weeks post-vaginal birth or 12 weeks post-cesarean birth
- 3** Start slow with walking and gentle stretches
- 4** Assess your pelvic floor health & check for diastasis recti so you can make informed choices

Safety Guidelines

For baby:

- Is the carrier **tight enough** to support baby during movement?
- Is baby's **airway** clear and visible?
- Be **mindful** of baby's legs and arms as you move your body
- Consider **back carrying** when you/your baby are ready to improve weight distribution & give baby a better view!
- Continue to **check in with your baby** throughout the workout

For you:

- Choose exercise that is **low impact**
- Do not use **machines** or exercises that challenge your **balance** too much
- Ensure you have a carrier that is **supportive** enough and that you're wearing it correctly
- Be mindful of your **posture** and **core/pelvic floor**
- When possible, get **guidance** from someone who understands babywearing AND fitness

Join our group classes!

New motherhood is lonely enough - why exercise solo, too?

Join our fun Kangatraining babywearing fitness classes to challenge your body and meet your new best mom friends!



Scan Me!



In-person & virtual options

Or visit www.mombodfitness.com/kangatraining

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