

Pram Walking Groups



New mums can feel a little isolated and alone sometimes, especially as she adjusts to a new life that no longer includes chats at work, evenings out with friends, or working on her fitness in the gym.

How soon a mum returns to any form of exercise will largely depend on the delivery and how she's feeling, but once a new mum feels ready for it, one of the best ways to re-introduce exercise to her life is by joining a pram walking group.

What Is A Pram Walking Group?

Groups of new mums all across Australia are getting together and forming pram walking groups. These groups are exactly as they sound – groups of parents who walk their babies in prams (or slings) together. This typically consist of mums with babies ranging in ages from a few weeks old to even one or two years of age. Once mums join a pram walking group, they often find that they have made new friends for life, as well as made future playmates for their growing little ones.



What Are The Benefits to Pram Walking Groups?

There's the obvious "exercise" benefit to joining one of these groups, but parents who join these groups often enjoy a number of other important benefits:

- An increase in self esteem and energy
- A decrease in depression and anxiety
- Improved sleep
- Expedited weight loss and increased muscle tone
- Getting out of the house is incredibly important both physically and mentally for new parents. Exercising while enjoying the company of others does wonders when it comes to balancing moods, reducing stress and keeping a positive outlook on life.

In order to get the full benefit of walking, walk for at least 30 minutes at a time, and perhaps have a final destination in mind such as a cafe or diner so that you can continue the chat after the walk.

What Should You Take?

There are a few tools that will help you stay cool and comfortable when out walking with baby:

- A pram or sling
- Sunscreen and hat for yourself and baby
- Bunny rug or blanket to provide shade for your baby if he or she is in the pram
- Supportive breastfeeding bra and/or breastfeeding tank top
- 1 litre bottle of water
- Remember to dress in light and easily removable layers so that you can stay comfortable as your body heats up during the walk.

Further Reading:



- http://www.dsr.nsw.gov.au/active/tips_pram.asp
- <http://www.ncbi.nlm.nih.gov/pubmed/15265228>