

MOVE OF THE MONTH



Plié Squat

Engage your inner thigh muscles with a plié squat that gives a nice variation to add to your routine.

How to do it:

Begin in a wide stance with your toes pointed out and your knees aligned with your toes. Bend your knees and lower down into a squat, keeping your knees in line with your toes, abs contracted and back straight. Only go down as low as you can without compromising your flexibility or your balance. Push back to start without locking your knees.

TOP TIP

Take care when lowering down and only go as far as you feel comfortable.

REAL MOMS REAL FIT



"You have to be committed to make noticeable changes in your lifestyle. Your kids are sponges."

As a mom, Kristie Tingle believes that setting an example for her children is the best way to develop a healthy lifestyle. "Your kids are sponges, they learn by example and by having fun." While children today rely on video games and television for excitement Kristie keeps nine-year-old Kenan and three-year-old Kara active by taking family walks and bike rides. "My children participate in any activity they are interested in and we go together." Because she loves the satisfaction of weight training, getting to the gym is a priority. "We are at the gym one to two hours a day for someone's activities." According to Kristie, keeping meals healthy fuels this high-energy family. As she explains, "less junk food and buying low-fat foods" are simple ways to keep her family clean and healthy for life.

MOM'S Q&A

Q What's the best exercise to get my core muscles back in shape after I've had my baby?

A Focusing first on the transversus abdominis muscle is a good place to begin because it acts as a girdle and is stretched the most during pregnancy. Ideally, new moms should focus on tightening this muscle as early as two weeks post-delivery. For example, while in a seated position pull the stomach in and hold for 30 seconds. Six to eight weeks post-baby you can begin adding crunches, but continue to hold the transversus abdominis in tight to support the weakened core.

Corry Matthews, MS sports medicine, prenatal fitness professional, IFBB professional figure athlete and co-founder of the non-profit charity Fit & Healthy Schools.

NUTRITION TIP

30

MILLIGRAMS OF IRON YOU NEED TO STAVE OFF FATIGUE DURING PREGNANCY. PAIR IRON-RICH FOODS LIKE EGGS AND SPINACH WITH VITAMIN C-RICH FOODS FOR MAXIMUM IRON ABSORPTION.

Make Tracks

When it comes to preparing healthy meals on-the-go, moms need the fastest grocery route. With the Eat Sheet (\$10) from Mommy Track'd (a website dedicated to keeping time-crunched moms organized) you can plan your weekly meals while you're still in the store. Now that's multi-tasking! Check out mommytrackd.com for handy organization advice and tools to keep you running on the right track.



Mini Yogi

Helen Garabedian, pregnancy yoga teacher and founder of Itsy Bitsy Yoga says, "There are so many health benefits of yoga – poses aid in digestion and many parents report their babies sleep better." Itsy Bitsy Yoga is a developmental-based yoga program that introduces babies and toddlers to a blend of yoga poses, songs and movements. To learn more about Itsy Bitsy Yoga or find classes in your city check out itsybitsyyoga.com.



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