

Health Matters



● Lots of fresh air is good for your post-pregnancy figure – and your baby.

Take a stroller round the park

WANT to get back in shape after giving birth? Buggymoves fitness classes could be your answer!

Run by Jayne Salter, fitness instructor and mum-of-two, Buggymoves classes provide the perfect path back into exercise after having a baby.

These outdoor sessions offer a full-body workout combining aerobic exercise with carefully selected strengthening, toning and postural exercises.

Following a career working for a national sport agency, Jayne was keen to get out from behind the desk and make exercise accessible and fun for all East Lothian mums.

Jayne said: "With a new baby it can be difficult to fit exercise back

into your life, especially if you need to arrange childcare. After retraining as a fitness instructor with a specialist qualification in ante and postnatal exercise, I set up buggymoves in East Lothian last year.

I felt passionately about offering an exercise class specifically designed with mums in mind, where you can regain your pre-pregnancy strength and shape, meet other mums and share the fun and fresh air with your baby."

Mums can start the classes eight weeks after giving birth (12 for a caesarean). The classes are adapted for all levels of fitness and you'll be gently encouraged to work at a pace comfortable for you.

With limited class sizes and a fitness instructor fully qualified in postnatal exercise, you can rest

assured the classes are safe, effective and fun. They begin with a warm-up, followed by fitness walking around a park with stops along the way for exercise sets to strengthen and tone your body back into shape.

After the main workout, there's a session that targets the abdominal and back muscles.

The classes finish up with a cooldown and a relaxing stretch.

They also include advice on maintaining better posture and exercising those all-important pelvic floor muscles.

Outdoor classes kick off again in April in parks in North Berwick, Haddington and Dunbar.

A new beginners' running class for mums (without buggies!) is also being launched.

Please contact Jayne on 07900 247 490 or visit: www.buggymovesfitness.co.uk for more information.

www.buggymovesfitness.co.uk

CHIROPODIST / PODIATRIST

Sean P. Webb DSCl MInstChP
HPC Registered

37 Fowler Street, Tranent

Appointments phone **01875 611483**

Home visits also available

buggymoves 

East Lothian fitness class for mums and babies

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