

Move of
The Month:
**Lunges with
dumbbells**

Want to keep
strong below the
belt? Fitness pro
Sarah Orbanic
shows you how to
build a great butt
and legs.

Want to be a fit momma? helpful tips for moms and moms-to-be

NEW YEAR, NEW BABY, NEW GOALS

With the added pressure of a new baby, it's tough to find time to get to the gym. But, according to fitness expert Lisa Druxman, setting new goals can go a long way to getting your pre-baby body back. Her advice for 2006?

1. **Grab a pen and paper** while your baby naps. Write down your goals.
2. **Keep the goals specific**, realistic and achievable: if you can't find time to train for a marathon, try a half-marathon. Or find a new workout buddy.
3. **Keep yourself accountable.**

"Make it visible so you can stay motivated," she says. Druxman developed her own fitness program, *Stroller Strides*, when she had a newborn in 2001 and found it difficult to train. Visit strollerstrides.net.

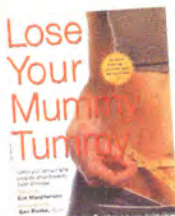
Get moving:

According to the *International Journal of Nursing Practice*, Australian scientists found new moms diagnosed with postpartum depression who completed a 12-week stroller walking class exhibited fewer symptoms than those in a group without exercise.



LOSE YOUR MUMMY TUMMY

Think you'll never lose your post-baby belly? According to Julie Tupler, author of *Lose Your Mummy Tummy* (Da Capo Press, 2005), and trainer to celebrities such as supermodel Elle Macpherson, it only



takes a few simple exercises to get back into flat-belly shape. Like Kegels – those must-do pregnancy exercises – her routine can be practiced at home or in the gym in just 15 to 30 minutes an hour. You'll not only be able to lift your baby more easily, you'll notice better posture, more energy and a flatter mid-section.

BUTT OUT ALL ROUND

When it comes to smoking and pregnancy, it's a no-win situation. And researchers at the University of Pittsburgh Graduate School of Public Health say even secondhand smoke can be a problem. In fact, their findings point to being exposed to second-hand smoke can be as detrimental to your developing fetus as if you lit up yourself. The message? Get smokers around you to butt out.

THE MOVE: Stand in the lunge stance, with your right leg forward and left hand holding the back of a chair for support. Hold a dumbbell in your right hand, palms facing inward. Make sure your right knee doesn't stray past your foot. If it does, shorten your stance. Bend your left knee to lower your hips to the floor until your thigh is parallel to the floor. Return to the start position. Do 10 to 12 repetitions. Switch legs.

TOP TIP: Move slowly and with control, keeping one hand on a support at all times.



REAL MOMS, REAL FIT

Like most first-time moms, **Tina Jo Orban, 36**, found the prospect of becoming a mother a daunting one. After all, she liked to be fit and active. But sticking to her workouts was key in getting back into shape quickly.

"I exercised throughout my pregnancy and then, once I got the six-week okay from my doctor, got right back to it after Jolie was born," she explained. The Napa, California mom launched a hiking club with other like-minded moms to get outdoors, with her baby often in tow. "For me, it's all about consistency. Working out is my me-time and it's a key part of my day," she adds.

"Don't miss out on me-time: map out your workouts every week."



Tina Jo Orban takes her workout (and her baby) outdoors.