Studies have shown that women who participate in an exercise program after giving birth, are less likely to show symptoms of postpartum depression.

“Australian researchers found that among new moms who'd been diagnosed with depression,” explains Amanda Vogel, International Journal of Nursing Practices, “those who completed a 12-week stroller-walking class showed fewer symptoms than those in a mom-baby play group that didn’t involve exercise. The scientists concluded that gaining fitness through the sociability of stroller walking may be a more effective treatment for depression than joining a sedentary new mother support group.”

New mothers in the Greater Manchester area may benefit from Mum and Me Fitness classes offered by Elliot Health System’s Community Wellness program. The class is designed to build energy levels and provide stress relief.

The many health benefits of Stroller Fitness classes include:
- Increase in energy and cardiovascular endurance
- Improved muscle strength and tone, along with healthier bones & joints
- Reduction in body fat and controlled weight level
- Increase in mental improvement with reduction in postpartum depression, stress and anxiety

Mommy & Me Fitness offers stroller fitness classes, where the class is centered around the stroller and child, and parents are given the opportunity to bond with other families. A unique feature of this program combines the best available techniques for a group fitness class with integrated parent-child communication using sights, sounds, and signs. This innovation offers both a challenging workout for mom (or Dad) and a loving and enriching experience for baby/toddler.

For more information about joining Elliot’s Mommy and Me Fitness Stroller class, visit www.elliothospital.org, and click on the link for Programs and Classes.