

Pushy Mothers



Buggy Workouts now in your area!

Burns baby fat
Tightens & tones muscles
Flattens tummy
Keeps you yummy!

pushymothers.com

Pushy Mothers



Once you start pushing you'll never stop

Top reasons to exercise outdoors

PUSHY BONES

Pushing your buggy on uneven surfaces and different terrains rather than exercising on a smooth flat surface increases the stress on the bones which helps to improve bone density. Calcium absorption may be reduced due to low oestrogen levels in new mums. Exposure to vitamin D found in natural daylight may help to counteract the effects.

FEEL GOOD FACTOR

Outdoor exercising helps to motivate the mind and clear your head. Exercise induced endorphins will help lift your mood and can help you get through the baby blues.

YOU CAN TALK BUT YOU MUST WALK!

Pushy Mothers classes are a great way to meet other mums and get fit at the same time.

BABY BENEFITS

Fresh air can offset the effects of central heating which dries out babies' skin. Exposure to natural daylight boosts Vitamin D, which is recommended for babies with jaundice. Oh to be a baby again all snug and wrapped up in a pram!

WEATHER GIRLS

There's no such thing as BAD weather, just inappropriate clothing! Different temperatures and wind resistance make you work harder raising your heart rate, which burns more calories. And just think how much you'll sweat in a stylish kagool.

CORE BLIMEY

Uneven surfaces mean your balance is challenged more and so your "core" muscles need to work harder to maintain stability.

MOTHER NATURE MEETS PUSHY MOTHERS

Being out in the open with the elements is good for the soul. Absorb nature's energy and bond with Mother Earth as you bond with your baby.



"The brilliant Buggy Workout which is sweeping through parks and open spaces." Practical Parenting

"The latest craze for new mothers." The Times

Pushy Mothers® instructor training is accredited by
The Royal College of Midwives and all instructors are members of
The Guild of Pregnancy & Postnatal Exercise Instructors

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