

Health, Beauty & Fitness

Exercise is important to the health of new moms

Overwhelmed, exhausted, and stressed out: with an average of four hours sleep according to the American Psychological Association— it's no wonder new moms are burned-out.

Canadian women face increased emotional and physical demands with the arrival of their bundle of joy, including the tendency to shift focus away from themselves and neglect their own wellbeing. While a full night of sleep may be out of the question, new moms can make positive changes to increase energy levels and bring relief into their hectic lives.

To help new moms achieve a healthy balance, Truestar for Women introduces *From Yawn to Yummy: A Post-Pregnancy Guide to Getting Fit and Looking Great*.

"New mothers often feel tired and stressed-out when baby arrives. As new moms look to regain a healthy lifestyle they are faced with many challenges and finding time is usually the biggest obstacle," says Sofia Segounis, manager of Truestar for Women in Georgetown.

"At the Truestar for Women centres we help women find time to incorporate a balanced diet, exercise, a positive outlook and most importantly sleep into their hectic lives. Because the representatives at Truestar for Women are women they understand the pressure

and time limitations moms have. We work within these limitations to help women gain control of their lives and health."

"Exercise can be as quick as 30 minutes per day three days a week," Segounis says. "Whether this be at home with the baby, taking walks with baby and other new moms, or in a fitness facility. Using the baby as a weight is something that is both great for mom and baby, it allows for bonding between the two and the baby is a weight that is gradually increasing allowing mom to increase the amount of weight she is lifting. Such activities can be the daily activities such as rocking the baby to sleep or even performing some floor exercises while playing with the



baby such as situps or squats. However, leaving the baby with the father or grandparents for only 1/2 an

hour a couple of times a week will also be a great stress relief. Some alone time for yourself and socializing with other women who are or who have just survived this time is also great!"

Truestar has developed these tips for new moms:

- Form a new moms support group. Get together with new moms on a regular basis. Take this time to talk, reflect and compare notes. These sessions will act as a stress outlet and will allow new moms to share mothering strategies.

- Get some rest!

New moms will sleep better if beverages and foods high in caffeine and sugar— this includes chocolate, coffee, colas and tea— are avoided. New moms can use simple meditation to end restless nights, take 15 minutes

before bedtime to relax, clear the mind of stressful thoughts by focusing on breathing.

"When it is time for baby to take a nap you can take a quick nap as well," advises Segounis.

- Exercise with baby! Take baby out with the stroller and attempt a 20-minute to 30-minute non-stop walk. Choose a route that includes some hills, for an aerobic challenge and to strengthen leg muscles.

- Use a stroller as exercise equip-

ment. When walking with a stroller, stop every 5 or 10 minutes and perform a set of squats, while keeping hands on the stroller. Perform this 3 or 4 times during a 30-minute walk. Once home, keep the child in the stroller and take 5 minutes to perform some hand-held dumbbell exercises or some exercises for the core.

- Carry baby with a sling. The extra weight of the child can burn almost 50% more calories and is a great resistance-training workout for the legs.

- Eat foods rich in essential vitamins and nutrients including iron, folic acid, vitamin C, zinc and B vitamins. These nutrients can be found in foods such as meat, beans, legumes, whole grains, leafy greens, citrus fruits, nuts and seeds and low-fat dairy products.

"Eating a well balanced diet that includes lots of wholesome foods will not only keep your energy levels up but this will also help with losing that baby fat and it will also ensure that you are getting all the proper nutrients to support your bodies breastfeeding needs," says Segounis.

- Fight depression with a diet rich in essential fatty acids, such as omega-3 fats. Food sources of omega-3 fats include flaxseed and fish oil; cold-water fish such as salmon, cod and sardines; and walnuts.

For more tips and information on achieving and maintaining a healthy lifestyle visit www.truestarhealth.com.



Alliance Chiroprody (Foot Care) Clinic

"Providing quality foot care to meet all your foot health needs"



SALIMA KASSAM REG. CHIROPODIST

Specializing in:

- Foot/Arch Pain
- General/Diabetic Care
- Permanent Ingrown Toenail Removal
- Custom Made Foot Orthotics

CALL 905-845-2291

232 SOUTH SERVICE ROAD E., OAKVILLE

IT'S WORTH THE DRIVE TO GUELPH!



Laser Esthetiques Clinic

85 Norfolk St. - Suite 307 GUELPH
Dr. S. Kaushik (519) 824-4567

FREE CONSULTATION



- Laser Hair Removal
- 1st Computerized Laser In Guelph
- Wrinkle Corrections, Skin Rejuvenation
- Broad Band Light
- Microdermabrasion
- Botox
- Fillers: Restylane® Perlane™
- Latest in Acne Treatment
- Blu-U & Levulan
- Vein Treatment & Sclerotherapy

20% Off Spring Special

Offer Expires August 1st/05
Except Botox®, Restylane® and Perlane™

How many hours a day do you spend thinking about your weight?

Wouldn't you rather spend 30 minutes, 3 times a week Enjoying Your Health?



Curves FOR WOMEN

"30 Minute Fitness & Weight Loss Centers"

39 Main St., S. Georgetown, ON L7G 3G2
Ph: (905) 702-0418
Fax: (905) 702-8790

LASER HAIR REMOVAL

- Affordable • Safe • Gentle
- Permanent Hair Reduction

Over 4 Years Experience

For Him: chest, back, shoulders, etc.

For Her: bikini, facial, underarms, etc.

Call today for a free consultation

•Certified Electrologist & Laser Technician

Bare Image Electrolysis & Laser Inc.

50 Main St. South, Georgetown
905-873-6388

downtowngeorgetown.com/bareimage



Redeem Ad For **\$100⁰⁰** DISCOUNT ON NEW HEARING AID PURCHASE

- Sales • Repair
- Hearing Testing on all makes & models
- Home Visits Available

including Rockwood, Acton, Georgetown, Norval, Moffat, Erin, Speyside and Milton.

WE OFFER FREE NO OBLIGATION CONSULTATION!

No Referral Needed; Call for Appointment

905-877-8974

Open Monday - Friday

91 MAIN STREET, GEORGETOWN
(between Foodstuffs & the Health Dept.)

Todd L. Hare, H.I.S., H.I.D.



LIFESTYLE FAMILY CHIROPRACTIC



Dr. Jennifer McLaughlan Family Chiropractor

- Treating Children, Adults & Seniors
- Posture Analysis
- Safe Effective Care

SPECTACULAR INTRODUCTORY RATES FOR NEW PATIENTS

No Referrals Necessary

(905) 873-3113
2 Guelph Street