



# Mum plus One

Fit for birth, fit for baby!

Pregnancy and Postnatal Fitness and Well-being  
[www.mumplusone.net](http://www.mumplusone.net)

## Summer Newsletter

Mum plus One has been set up with one thing in mind - giving mums a helping hand. We know it's tough to go through pregnancy, childbirth and motherhood so decided to set up a service to try and make things a little easier. We feel that it's important to be both physically and mentally fit to cope with the journey you have to take to become a mum, therefore, we are offering antenatal and postnatal exercise sessions, virtual fitness training, a friendly social group and a party planning service to help celebrate everything from bump to baby and beyond!

### Fitness Sessions

We offer weekly indoor exercise to music classes and outdoor fitness sessions for pregnant ladies, new mums and mums who would still like to lose their baby belly! All exercises will be tailored to meet your specific needs so they are safe for everyone to enjoy. Visit [www.mumplusone.net](http://www.mumplusone.net) for details. Autumn term will begin w/c 7th September.

If you are not sure about the format of our classes, come along for a **FREE taster session** and see what you think. We have 3 classes left this term so now is the ideal time for your free trial. Contact me to book your space. [mumplusone@fastmail.co.uk](mailto:mumplusone@fastmail.co.uk) or 07733 005925.

### Did you know that you can mix'n'match sessions?

Feel free to switch between the indoor and outdoor classes if you'd like some variety in your fitness programme, or only want to exercise outside in good weather. If you really want a challenge why not register for both?!

### Don't want to pay for a term? Easy – buy some tokens to use as and when you can make it.

They are valid indefinitely so you can buy a few and use them when you like (£6.50 each). Save yourself the hassle of having to rummage around for the right change each week. Please email [mumplusone@fastmail.co.uk](mailto:mumplusone@fastmail.co.uk) to buy them in advance of the classes.

### Don't forget you can bring your baby/toddler along to any of the sessions.

No need to find a babysitter or feel guilty about leaving them while you take some much needed 'you' time. Tiny ones can sit in a pram or car seat and older ones can roam around as long as you keep them and the other class members safe.



## Early Bird Offer

Sign up for the September term before 15<sup>th</sup> August and save yourself £10!!

That's 8 weeks for just £34. Quote "Early Bird Offer".

Don't miss out – contact me now to book your place and receive this great discount.

## Teething Ring Social Group

Join us for a FREE coffee morning every fortnight. Make some new friends, pass on tips and share experiences. Treat yourself to a lovely coffee or tea and perhaps a well-deserved piece of cake and allow yourself time to relax.

Meetings take place from 10am – 11am

First Tuesday of the month The Village Centre, Englefield Green (not 1<sup>st</sup> Sept)

Third Tuesday of the month Notcutts Garden Centre, Staines (not 18<sup>th</sup> Aug)

## Blogs

I've been busy sorting out the blogs on the Mum plus One page and have some new articles there. Come and take a look. <http://www.mumplusone.net/#!/blog/chyy> I'm also in the process of writing some guest blogs for others!

Here is a taster of one of the blogs:

### Don't feel sluggish this summer

July 6, 2015  
Mum plus One

Don't let the heat leave you feeling lethargic this summer. Keep yourself active and boost your energy levels with some gentle exercise. You don't have to go to classes or the gym! Get your family moving with you.

Take some time to get outside with your family for some fresh air and a run around. If you have a baby or young child you can go for a nice walk with them in the pram but don't forget to let them get out and have a crawl around too.



Toddlers love playing with water and bubbles so get a bowl of water and some plastic cups out in the garden for them to throw around. You don't have to have a paddling pool to have fun with water. (Do remember to supervise your toddler with the water at all times!) Or, let them chase you around the garden as you blow some bubbles. You could even create a mini assault course to do with them.

If you have an older child, why not play some lively games with them such as football, badminton, tennis, even just catch and throw a ball or frisbee? You could go for a nature trail walk and tick off what you find on a list. You could even get them to help with some of the gardening!

Have a look and see if there are any family fun days, fetes, charity events in your local area that you could all go along to as well. They are often more fun than you might think.

A little effort will give you no end of fun with your family and your kids will love the fact that you have spent some quality time together doing something they enjoy. Plus you get the benefit of boosting your feel good hormones and energy levels as well as burning off some calories at the same time! That sounds like a win/win to me!

Debbie Lucas  
[Mum plus One](#)  
Fit for birth, fit for baby

I'm pleased to announce that we have a regular guest blog from [HandyMummy](#) on our site now as well. These are very useful, honest reviews of baby-related items, places to visits, travel tips, etc.

## Advertising

I'm in the process of designing some new posters and flyers ready for the Autumn term so watch out for these in the next few weeks. You should also see us mentioned in the latest copy of Family Directory. In August I will be attending an NCT Bumps n Babes session in Staines to hand out flyers and talk to mums about what I'm offering.

If you can think of anywhere that I can advertise, or if you are able to take flyers to hand out at other classes or playgroups, I would be very grateful for your help. Please get in touch and let me know.

## Testimonials

Once you've been to some classes or a Teething Ring group, how about sending me a testimonial to display on our website? I have one but would love some more please! Email it to [mumplusone@fastmail.co.uk](mailto:mumplusone@fastmail.co.uk)

***"I signed up to the Mum plus One Pregnancy exercise class as I was keen to find a way to keep fit safely during pregnancy. Debbie is a fantastic instructor, designing a varied class, helping to strengthen my core, arms and legs, as well as having lots of laughs when my co-ordination skills are lacking!!"***

*- Lucy, 30 weeks pregnant (May 2015) - has just had her little baby boy! Congratulations Lucy!!*

## Toddle Waddle and Picnic Charity Event

Unfortunately, due to the poor weather conditions our Toddle Waddle and Picnic wasn't as well attended as I would have liked. The few of us who did make it had good fun and the girls were very happy to receive their medals, stickers and balloons on completion of the sponsored walk. I'm still waiting to finalise the fund total and will let you know how much we managed to raise in the next newsletter.



It's not too late to do your bit and donate.

<http://uk.virginmoneygiving.com/team/mumplusone>

## Facebook and Twitter are fully up and running



If you don't already like Mum plus One on Facebook pop over and like it now. You'll get lots of pregnancy, baby, mum and parenting tips, advice, offers and reviews. <https://www.facebook.com/pages/Mum-plus-One/830425813644565>

I also regularly tweet useful tips, gift ideas, party ideas, fitness motivation and more on Twitter so give us a follow there too. <http://twitter.com/MumplusOne>



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*"Great workout today but it was pretty windy!"*



Here is one of my recent Facebook posts in response to some queries:

Are you wondering **which exercises are safe for you to do after you have had a C-section?** It's best to avoid exercises which directly stress the abdominal muscles such as curl ups and the plank to begin with. Start with a more gentle version of these moves and build up gradually. Here are a few things you can try. Remember though, if it hurts, stop! If any aren't clear please feel free to contact me.

Abdominal toning (tummy)

Stand with your feet hip width apart, slightly bent knees, arms by sides. Tip your pelvis forward then gently pull in your tummy muscles to try and flatten your tummy, once you've pulled in as far as you can, try to pull your tummy inwardly up to your ribs then slowly release back to neutral position. Repeat x 8 (Remember to keep breathing!)

4 point kneeling - arm raises (tummy and back)

On hands and knees on the floor, hips over knees and shoulders over hands. Head in line with body. Pull in the tummy muscles to keep a strong core and straight back then slide one hand forwards as far as possible or if comfortable lift it off the floor up to shoulder height, hold for 8 seconds before returning it to the floor and back to the start position. Repeat on other side. Repeat x4 each side.

4 point kneeling - leg raises (tummy, back and bottom)

Start on hands and knees as above. Keep the tummy firm and back straight. Slide one foot backwards as far as possible or if comfortable lift it off the floor up to hip height, hold for 8 seconds before returning it to the floor and back to the start position. Repeat on other side. Repeat x4 each side.

Deep squats (thighs, bottom and pelvic floor)

Stand with your feet slightly wider than your hips, toes turned to the corners (however most comfortable for you), tip your pelvis forward and pull in your tummy then slowly bend both knees to get as low as you can, push your arms forward to help you balance, keep your back straight, pull in your pelvic floor muscles, hold at the lowest point for 4 seconds and slowly push back up to standing. Repeat x 8

Standing Press Ups (chest, back and arms)

Stand with your feet hip width apart a short distance from a wall, keep your knees soft and place your hands at shoulder height about shoulder width apart on the wall. Pull in your tummy and keeping your back straight all the time, slowly bend your elbows as far as you can, hold for 4 seconds and straighten back to the start. Repeat x 16

If you have anything you'd like me to add to the Facebook page or tweet for your please send it over. Articles, pictures, funnies, useful websites, reviews, other blogs and anything else you can think of are all welcome.

Finally, I hope you are all enjoying the summer, despite the lack of sun! Make the most of it before the nights start drawing in again. I hope to see you all at classes or our social meet ups soon.

Any feedback is welcome at any time either in person or via email to [mumplusone@fastmail.co.uk](mailto:mumplusone@fastmail.co.uk). I'd be delighted to hear from you and welcome any tips or suggestions so I can ensure you get what you want from me.