

Walk, Dance, Play...*Be Active* *Every Day!*



Tips for You and Your Baby

- Include your baby when you do active things – no need to find a sitter.
- Put your baby in the stroller and walk to a park or a friend's house, then take your baby out and let them move around in a safe place.
- Make sure your baby spends lots of time each day outside the crib, playpen or car seat. Babies learn about their world by moving around in it. They need to explore so they can learn and develop.

Tips for You

- Make a regular date with a friend or another new mom to do something active together. You and your babies will enjoy the social time and keep each other motivated.
- Invite a friend to go for a walk, instead of coming over for coffee. Invite a friend and her kids to go to the park, instead of going out for ice cream.
- Physical activity can help you feel better, sleep better, and get back in shape faster. Being active can help you feel less stressed!
- Breastfeeding and physical activity can work together to help you lose weight.



Be Active Every Day

Adults should try for at least 30 minutes of physical activity each day. You may need 60 minutes to prevent weight gain or more to maintain weight loss. Children should get at least 60 minutes of physical activity every day.

Eat Well to Be Active

- Both exercise and breastfeeding require extra fluids. Drink plenty of fluids if you're doing both.
- Fight the urge to snack when you really aren't hungry by getting up and doing something active instead.
- Have healthy snacks such as cut up, fresh veggies available for munching.
- Start your day with breakfast for more energy.

Breakfast Fruit Smoothie

1 6 or 8 oz container nonfat yogurt
1 cup 100% orange juice
1 piece of fruit – a cut up banana, or some frozen strawberries, or some canned peaches (without the syrup).

Put all ingredients in the blender and blend until smooth. If you don't have a blender, cut the fruit in very small pieces and whisk all ingredients together with a wire whisk or a fork. Pour over ice and enjoy!

Nutrition information: 338 calories, 13 g protein, 1 g fat, 72 g carbohydrate.

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