

NUTRITION

On Your
Own

Self-Paced Lesson

SP-000-30 04/2010



Get Your Groove on Mama! (DV0235)
Take-home Class (requires a DVD player)

Get Your Groove on Mama!

Welcome to the ***Get Your Groove on Mama!*** Take-home class. This class focuses on physical activity. It goes with the DVD that you got from the WIC office called ***Get Your Groove on Mama!***

To get credit for this class, follow these steps:

1. Read the attached information.
2. Watch and take part in a workout segment from ***Get Your Groove on Mama!***
3. Fill out the attached survey before your next WIC appointment.
4. Return the survey at your next WIC appointment.

Taking care of your baby is a big part of your life right now. But don't forget about YOU. To be the best mom you can be, you need to take care of yourself. That means eating healthy foods, taking time to do things for yourself, and being physically active.

Circle one or more reasons physical activity is important to you:

- It can help you lose weight.
- It helps you feel better about yourself.
- It burns calories.
- It's good for your heart and blood pressure.
- It helps you to be more flexible. It can make you stronger.
- It can lower your stress.
- Other: _____



Move Your Body!

Physical activity doesn't have to mean jogging, swimming, or going to the gym. Things like walking to the store, taking the dog for a walk, or dancing to the radio are also part of an active life.

List two physical activities you like to do at least several times a week.

OR two activities you would like to start doing several times a week.

1. _____
2. _____



Try to Be Active Each Day!

It's best to be active for a total of 20-30 minutes on all or most days. Walk, run, jump, dance, and enjoy being active!

Question: Are you active on most days?

Yes No

If your answer is "yes," then good for you! Keep it up!

If your answer is "no," take a look at the barrier busters chart on the next two pages. The chart lists some of the reasons why some women aren't as active as they would like to be. Check any of the boxes that show barriers that apply to you. Then read the tips for "busting" those barriers and add more activity to your daily life!

Barrier Busters

This chart lists reasons why some moms aren't as active as they would like to be. Check any of the boxes that show barriers that apply to you, then read the tips for "busting" those barriers. Circle or check any of the tips that sound helpful, and start adding more activity to your daily life!

Barrier	Tips for Busting Barriers
<input type="checkbox"/> "I don't have enough energy."	<p>It can be hard to get started, but once you are more active, you'll sleep better, feel better, and have a more positive attitude.</p> <ul style="list-style-type: none"> • So just do it! Stop saying "I'll start next week." • Be active early in the day, when you have more energy.
<input type="checkbox"/> "I don't have enough time!"	<ul style="list-style-type: none"> • Ask family members to help with daily chores. Ask someone to watch the baby while you exercise. • Be active early in the day so your plans don't get squeezed out by other things later on. • Do small activities - use the stairs; walk to the store. • Do sit-ups, jumping jacks or walk or run in place while you watch TV. Or skip the TV show and work out with a DVD like Get Your Groove on Mama! • Instead of sitting down and talking on the phone, walk with your friend and talk to each other in person! • Make a weekly "exercise date" with a friend. You'll be less likely to cancel if you've made plans with someone.

<input type="checkbox"/> "I don't have someone to watch my kids."	<ul style="list-style-type: none"> • Be active with your kids! Walk with your baby in a stroller or ride bikes with your kids. • Walk laps around the playscape while watching your kids play. • Work out with your baby when you work out with your new DVD, Get Your Groove on Mama!
<input type="checkbox"/> "My neighborhood is not safe."	<ul style="list-style-type: none"> • Always walk, run or bike with another person, and only in the daylight. Keep a cell phone with you, if you have one. • Be active at home: Watch Get Your Groove on Mama! and check out other videos from a library. Or dance, jump rope and move your body!
<input type="checkbox"/> "I don't have enough money to join a gym!"	<ul style="list-style-type: none"> • Walk, walk, walk! Remember, moving your body is free! • Be active at home: Try your DVD Get Your Groove on Mama! and check out other fitness videos from a library. Or turn on the radio and run in place, jump rope, or dance! • Find out about local programs and recreation centers. Some gyms offer lower-cost fees or have volunteer programs in exchange for memberships. Public pools have lap-swimming. • Garage sales and resale shops can be great for used fitness videos and equipment.
<input type="checkbox"/> "Exercise is boring."	<ul style="list-style-type: none"> • Try something you've never done before. • Be active with someone - your kids, friends, family members or the family dog! Get together with other moms in your neighborhood and start a walking group! • Mix it up. Walk one day, use your DVD the next, and dance the next day! • Listen to the radio or an audio book while you walk.

<input type="checkbox"/> <i>"I don't know if my body is ready."</i>	<ul style="list-style-type: none"> • If you are concerned, check with your doctor before getting started. Most women are ready to be more active about 6 weeks after the baby is born. • If you have an injury, talk to your doctor about physical activity. Walking or swimming are usually good choices. • Start slowly and build up slowly. Even if you were active before you had your baby, don't try to jump right in at the same pace you were used to. • If you breastfeed, wear an exercise bra with good support. • Always warm up with a light activity, such as slow walking. This gets muscles moving. Then cool down and stretch when you are done. Don't bounce when stretching. Hold stretches for 20-30 seconds. • Drink a lot of water, especially if you are breastfeeding.
<input type="checkbox"/> <i>"I can't stick with it."</i>	<p>First, give yourself some credit for getting started! Then figure out why you aren't sticking to your plan. Talk to a WIC Nutritionist to get some ideas.</p>

Start Moving, Right Now!

Now watch a segment on your Get Your Groove on Mama! DVD. Note that the DVD has a 10-minute, a 20-minute, a 30-minute workout and a yoga option. The 20-minute and 30-minute programs include exercises you can do with your baby. And remember, in order to take care of your baby, it's important to take care of yourself! And being physically active is an important part of taking care of YOU.

Complete the Take-home Class Survey on the next page.

We hope you enjoyed this class, and that you have plans to be more active. Be sure to fill out the survey about this take-home lesson and return it at your next WIC appointment. Thank you!



Get Your Groove on Mama!
Take-home Class Survey SP-000-30

Please return this form at your next WIC appointment to get class credit. The **Get Your Groove on Mama!** DVD is yours to keep.

Please answer the following questions about the take-home lesson.

1. How old is your baby? _____.
2. How would you describe your activity level before receiving this take-home lesson?
 - _____ not active at all
 - _____ a little active, but not much (less than once a week)
 - _____ somewhat active (1-3 times a week)
 - _____ very active (at least 4 times a week)
3. List one reason that being physically active is important to you:

4. Name two activities you plan to do during the next month and how often you plan to do each activity.
 1. Activity: _____ how often: _____
 2. Activity: _____ how often: _____
5. Compared to other exercise videos you've seen, please circle how you would rate **Get Your Groove on Mama!** (1 star = "Not good," 4 stars = "Great!")

			
1	2	3	4
Not Good	Just Okay	Good	Great!
6. Check the segments on the DVD that you watched:
 _____ 10 minute _____ 20 minute _____ 30 minute _____ Yoga _____ Bonus features
7. How often do you think you'll use the **Get Your Groove on Mama!** DVD?
 _____ 0 times _____ once a month _____ a few times a month _____ at least once a week or more
8. Do you think WIC should provide more programs like this? _____ yes _____ no
9. Is there anything you would like to tell us about the **Get Your Groove on Mama!** Take-home class or DVD?

Thank you for your answers!