

TXIN Class Topic – PP – Fitness for the New Mom

Client-centered nutrition education (CCNE) uses methods like group discussions and activities to engage clients and facilitate learning. Use this template when planning your CCNE to be either in person or virtual.

Developed by: **State Agency Staff**

Date Developed: **11/2023**

Local Agency Name and Number

Month/Year

Planning and Preparation	
CCNE Title	PP – Fitness for the New Mom
Description Provide a brief description that can be used for promoting it to clients.	<p>As a new mom, there are many things to adjust to after your baby comes. Something that is often missed is taking care of yourself. One way you can take care of yourself is by staying active to reduce stress and connect with your body. In this class, we do a 10 to 20- minute group workout from Mom Fitness—a YouTube workout series for new moms. We also explore what your reasons are for staying active and ways to build new physical activity habits.</p> <p>Disclaimer: This class is only for those who have approval from their health care provider for exercise after delivery.</p>
Objectives List what clients should expect to gain from this class.	<p>During the class, clients will:</p> <ul style="list-style-type: none"> • Identify top reasons for physical activity as a new mom. • Discuss ways to build exercise habits. • Engage in physical activity in a fun, safe and gentle way.
Target Audience(s) Who is this class designed for?	Postpartum WIC participants.
Format Indicate how you plan to deliver this class.	<input type="checkbox"/> In person <input type="checkbox"/> Virtual - Live <input type="checkbox"/> Virtual - Pre-recorded <input checked="" type="checkbox"/> Both (Class can be delivered in person or virtually)
Promotion and Registration Indicate how clients will learn about and join the class.	<p>This class will be promoted in the following ways:</p> <input type="checkbox"/> Verbally, such as during counseling <input type="checkbox"/> Promotional push cards, flyers, etc. <input type="checkbox"/> Text <input type="checkbox"/> Email <input type="checkbox"/> Social Media (give examples in the spaces below) <div style="border: 1px solid black; height: 20px; width: 100%;"></div>

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	<p><input type="checkbox"/> Website <input type="checkbox"/> Other</p> <p>Local agencies may promote the class however is appropriate for their clients.</p> <p>Note: Participants will need a reminder to come to class with safe and comfortable shoes for exercising. They will also need to make sure clients can view the disclaimer in the class description.</p> <p>Select one: <input type="checkbox"/> This class <i>will</i> require registration. <input type="checkbox"/> This class <i>will not</i> require registration.</p> <p>Describe how clients will register for the class, including links to website or social media. Local agencies may decide how to register clients for this class.</p>	
<p>Virtual Platform and Client Engagement</p> <p>If planning a virtual class, indicate which platform and features you will use to engage clients.</p>	<p>Which platform will you use to deliver your virtual class? (Check one.)</p> <p><input type="checkbox"/> Facebook Live <input type="checkbox"/> Zoom <input type="checkbox"/> WebEx <input type="checkbox"/> GoToMeetings <input type="checkbox"/> Skype <input type="checkbox"/> Google Meet <input type="checkbox"/> Microsoft Teams <input type="checkbox"/> Other</p> <p>Local agencies may decide to do the class in person or via a virtual platform of their choice.</p>	<p>Which engagement features will you use during your class? (Check all that apply.)</p> <p><input type="checkbox"/> Group chat <input type="checkbox"/> Private chat or questions <input type="checkbox"/> Poll questions <input type="checkbox"/> Other response feedback (i.e. thumbs up, emoji, raised hand) <input type="checkbox"/> File or screen sharing <input type="checkbox"/> One-way audio with clients (they can hear you, but you cannot hear them) <input type="checkbox"/> One-way video with clients (they can only see you, but you cannot see them) <input type="checkbox"/> Two-way audio with clients (they can hear you and you can hear them) <input type="checkbox"/> Two-way video with clients (they can see you and you can see them) <input type="checkbox"/> Other</p>
<p>Follow-up</p> <p>Indicate your plans for offering follow-up information or resources to clients after the class is completed.</p> <p>This could be a good place to offer additional</p>	<p>How will you follow-up with clients after the class? (Check all that apply.)</p> <p><input type="checkbox"/> Email <input type="checkbox"/> Text <input type="checkbox"/> Phone call <input checked="" type="checkbox"/> Other</p> <p>Local agencies may decide what works best.</p> <p>What information or resources do you plan to share with clients when you follow-up after the class?</p> <p>Our Mom Fitness playlist on Texas HHSC YouTube has several workout videos designed for new moms in English and Spanish.</p> <p>Visit TexasWIC.org and check out these sections:</p>	

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<p>classes, gather feedback about the class and provide a certificate of completion.</p>	<ul style="list-style-type: none"> • <i>Health & Nutrition – Learn more about staying active.</i> • <i>Classes - Take another WIC online class or attend a live discussion.</i> <p>(These can be shared verbally for an in-person class or via chat or follow-up email.)</p>
<p>Staff</p> <p>Describe the role of each staff, including whether they are presenting in person, on screen or conducting technical tasks or other roles.</p>	<p>In-person: At least one staff member will lead the class.</p> <p>Virtual:</p> <ul style="list-style-type: none"> • Only one staff member needed as Host/Moderator
<p>Location and Set Up</p> <p>Describe the location of your class. What kind of set up is needed?</p>	<p>In-person: Classroom or large space with clients seated in a circle or semi-circle for the first two activities. Push chairs to the corner of the room to clear out space for the workout portion of the class.</p> <p>Virtual: Virtual class platform needs a screen share function. Quiet space with minimal background distractions and noise while on camera. Make sure you can share your screen to play the workout. If the facilitator is working out with the class, make sure there is enough space in the room for the facilitator to remain in frame.</p>
<p>Materials and Resources</p> <p>List what you will need for your class (i.e. laptops, projector, flip chart, props, food, audiovisuals, handouts, etc.)</p>	<p>This class includes a workout and one activity. There are two activities listed: “Find Your Why” and “Habit Helpers.” The facilitator can choose which activity to lead in class.</p> <p>In-Person Facilitator Props:</p> <ul style="list-style-type: none"> • Activity 1 – “Find Your Why” <ul style="list-style-type: none"> ○ Option 1: Print out a “Find Your Why” handout for each participant. ○ Option 2: Write the list of reasons to exercise (in the script) on a whiteboard and have participants write on a piece of blank paper. • Activity 2 – Habit Helpers <ul style="list-style-type: none"> ○ Print out a “Habit Helpers” chart for each participant. • Mom Fitness Workout <ul style="list-style-type: none"> ○ TV or desktop computer that can play a Mom Fitness workout video. • Giveaway item: Mom Fitness YouTube Promo Card

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Virtual Facilitator Props:

- Activity 1 – “Find Your Why”
- Activity 2 – Habit Helpers
- **Activity 3 – Mom Fitness Workout**
 - Share a Mom Fitness workout video on screen.
- **Mom Fitness YouTube Promo Card PDF**
 - Share Mom Fitness YouTube Promo Card PDF on screen.



Notes/Script

Opening and Introduction

Introduce facilitators or guests and the topic.

(Introduce yourself and your role)

I'm so glad you can join us for today's class on fitness for the new mom. In the first half of class, we'll dive into a workout from our Mom Fitness YouTube workout series. Then, we'll end with reflections and tips for staying active as a new mom. Just a reminder: You want to get approval to exercise after delivery from your health care provider

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<p>Encourage clients to share their demographic information.</p> <p>Review any relevant technical details and ground rules with clients.</p>	<p><i>Before we get started, I'd like to know where you are in your postpartum journey. Introduce yourself and let us know how many months postpartum you are. Virtual – Please share your responses in the chat.</i></p> <p>(Allow participants to respond. If applicable, facilitator can offer same information. Thank attendees for their responses)</p>
<p>Icebreaker</p> <p>Anchor the class topic to the clients' lives. Use a visual, do an activity or ask a question to engage with clients.</p> <p>The icebreaker should go beyond where clients are from (location) and their basic demographics.</p>	<p><i>Creating a new exercise routine after delivery looks different for everyone. What words would you use to describe how you feel about exercise after having a baby?</i></p> <p>(Allow each participant to share their words and elaborate if willing. Acknowledge responses. Facilitator can share personal experience if applicable.)</p> <p>Virtual – Ask clients to enter their response in the chat box or share on-screen.</p> <p><i>As we're talking about exercise, just remember that it's okay if you're still making recovery a priority. Who has started some physical activity since having a baby? If so, what type of activity are you doing to move your body?</i></p> <p>(Acknowledge responses.)</p> <p>Virtual – Ask clients to enter their responses in the chat box or share on-screen.</p>
<p>Activities and Discussion</p> <p>Make sure to include activities and open-ended questions throughout the class to engage clients.</p> <p>Keep in mind that activities and conversations should enable</p>	<p><i>No matter what level your physical activity is, your body goes through a lot after delivering a baby, and it needs time to heal and recover. If you had a vaginal delivery with no problems, you can usually begin light exercises, like walking, as soon as you feel ready. If you had a C-section or problems during delivery, your body may need a longer break before starting to exercise. Either way, make recovery a priority first and talk to your health care provider about when it is safe for you to start moving your body.</i></p> <p><u>Mom Fitness Workout</u></p> <p><i>Let's jump into our workout. Mom Fitness is a series of workout videos for new moms. You can find them on the Texas HHSC YouTube channel in a playlist titled, "Mom Fitness." You can find all the videos with a Spanish-speaking trainer, too. The workouts range from 10-20 minutes, so you can fit in some exercise, even on busier days.</i></p> <p>(Choose one of the videos that is mostly standing to make it more accessible in any classroom setting. If you've printed out the Mom Fitness YouTube Promo Card, you can pass it out.)</p>

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clients to meet all of the learning objectives.

Virtual – Choose a video and share it on your screen. You can also share the Mom Fitness YouTube Promo Card on your screen.

List of standing Mom Fitness workouts:

- [Full Body Cardio](#) (21:31)
- [Post-Pregnancy Power](#) (28:46)
- [10-Minute Postpartum Cardio Dance Workout](#) (10:31)
- [Postpartum Full Body Cardio HIIT](#) (13:19)
- [15-Minute Glutes & Legs Circuit](#) (14:41)

(After finishing the workout, choose one of the following activities to do with the group.)

“Find Your Why” Thought Experiment

Good job finishing the workout! If you enjoyed it, you can try more on the Texas HHSC YouTube channel. Let’s talk about how to stay active with exercises like these Mom Fitness videos and create a routine that works for you.

The “best” kinds of exercise are ones that you will enjoy doing over time. Before you decide on how to move more, let’s start with why you want to move more.

As a new mom, you may feel pressure from social media, TV, or friends and family to lose weight and “snap back to your pre-pregnancy weight.” Weight alone is not an accurate or reliable indicator of your health. Your health is a big picture that includes the things you do every day and is not just about how much you weigh. Try your best to shift the focus to healthy habits instead of the number on the scale.

That being said, there’s no problem with having physical goals for your body. However, research says that finding a greater purpose for a behavior you want to change will make it more likely that the change is real and long-lasting. Make your purpose for exercise more than changing your body.

Let’s practice.

In-person: *Look at this list of reasons exercise is valuable and circle at least 2-3 that are important to you. If you come up with one that isn’t on the list, go ahead and write it down.*

Virtual – Share the “Find Your Why” PDF handout on screen. *Pick out 2-3 reasons that are most important to you. Share your reasons with the class.*

- *More energy*
- *Easier to move around*
- *More confidence*
- *Better blood sugar control*
- *Lower blood pressure*
- *Less anxiety and stress*
- *Finding new ways to connect with friends and family*
- *Making new friends*
- *Better sleep*
- *Easier to focus and learn*

Check the reasons you chose to remind yourself why staying active is important to you.

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Habit Helpers Activity

Good job finishing the workout! If you enjoyed it, you can try more on the Texas HHSC YouTube channel. Let's talk about how to stay active with exercises like these Mom Fitness videos and create a strategy for building new habits.

In-Person: *Take a minute to read through the Habit Helpers handout. Which ones do you feel you can try right away?*

Virtual – Share the “Habit Helpers” PDF handout on screen. You can also put this in a poll if your virtual class platform allows it. *Which ones do you feel you can try right away? (Wait for participants to point out the ones they want to try and review the examples.)*

Tips	Examples
<input type="checkbox"/> Pair habits with activities you already enjoy.	When you pair habits with activities you already enjoy, you are more likely to follow through with them. Try pairing your physical activity with: <ul style="list-style-type: none"> - Listening to an audiobook. - Catching up with a friend. - Watching your favorite TV show.
<input type="checkbox"/> Start out small.	Becoming active looks different for everyone. Trying too much at once can make it hard for change to last. Make small, daily goals and build up from there. <ul style="list-style-type: none"> - Walk for 10 minutes in the morning and 10 minutes in the evening. - Stretch while watching your favorite TV show. - Do one Mom Fitness video.
<input type="checkbox"/> Ask for help.	<ul style="list-style-type: none"> - Ask someone to watch the baby while you exercise. - Ask for help with daily chores, so you can make time for yourself to exercise. - Ask a friend to go on a weekly “exercise date.” You’ll be less likely to cancel if you’ve made plans with someone.
<input type="checkbox"/> Make it fun!	The best kinds of exercise are ones that you enjoy and will maintain over time. <ul style="list-style-type: none"> - Try something you have never done before. - Be active with someone – your kids, friends, family or the family dog! Get together with other moms in your neighborhood and start a walking group. - Mix it up. Walk one day, do an at-home workout video the next day and have a dance party the following day. - Listen to music or a podcast while you walk.

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<p>Closing and Evaluation</p> <p>Review key points and tie in the icebreaker activity.</p> <p>Invite clients to share how they will use what they learned in the future.</p> <p>Let clients know you will follow-up with them via email, text or other method.</p> <p>Thank everyone for attending and participating.</p> <p>Cover any additional resources or reminders, before ending the class.</p>	<p><i>We hope you had fun with this workout and left with some tips for staying active after this class.</i></p> <p><i>Before we end today, can you share 2 physical activities you would like to start doing this week?</i></p> <p>(Facilitator responds with encouragement.)</p> <p><i>Thank you for coming to class and working out with us today! Taking care of yourself is just as important as taking care of your family. WIC is here for you. Please reach out to us if you ever need support.</i></p>
<p>Supplemental Information</p> <p>Describe attachments and other needed information.</p>	