

Local Stroller Strides Shows New Moms Baby Steps that Can Result in New Year's Resolution Success

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It's that time again when we bid farewell to habits of old and promise to do bigger and better things in the New Year. If you are like many new moms across the country, you likely have aspirations for a speedy return to your skinny jeans or keeping daily stress at bay but aren't sure how to manage both these goals and your new precious baby.

A successful New Year's resolution for a new mom is one that's in reach. When you create simple-to-adopt, attainable targets, the transition to a healthier lifestyle becomes more seamless and you're less inclined to slip up or give up on your goals.

To stay on the road to resolution success, I suggest new moms stay consistent with the following "Top 10 Tips for a Healthier, Happier You" – a list of key lifestyle habits new moms can easily adopt to support the success of postnatal health goals.

10. Adopt a daily exercise philosophy. No matter if it's a brisk stroller walk or a few sets of crunches and stretches during baby's nap time, find some time each day to move your body.



9. Take time for yourself. Moms are consistently trying to take care of everyone else, but this role is impossible if you don't take care of yourself. Whether it's meditation or a quick read before bed, make sure "me time" is set aside daily.



8. Must eats. Fresh fruits, vegetables, whole grains and lean proteins. Try to eat whole foods (unprocessed and unrefined).
7. Don't eats. Anything processed. Stay away from fried foods and those high in sugar and salt.

6. Must drink. Water! Every system in the body depends on water, but most people don't even realize when they're dehydrated. Make sure you're filling up your water bottle throughout the day and consuming around two or more liters.

5. Seek out a supportive social network. There are actually physical and psychological benefits for women when they socialize – especially with other women. Join an exercise group like Stroller Strides, a moms' club or use the internet as a resource to reach out to other moms.

4. Fill up on fiber. Virtually all diets recommend a high-fiber intake. Add flax to your cereal or morning smoothie

and make sure you're eating plenty of fruits, veggies and legumes.

3. Take on a self-esteem mantra. Your words influence your world. Find three words to repeat to yourself each day that will help you find well-being, such as 'peace,' 'health' and 'harmony.'

2. Breathe. You of course breathe every moment of the day, but find a few minutes to breathe with purpose. Breathe in for three counts; hold for three counts; and release for three counts. Your body will benefit from the oxygen and stress will slowly melt away.

1. Advertise to yourself. Most New Year's resolutions are soon forgotten. Just like advertisers send subliminal messages to remind you to buy their product, you should put up notes throughout your home to remind yourself what you're trying to accomplish and why.



Trisha Highland is a mom to two energetic toddlers and owner and certified instructor of Stroller Strides SW Portland, which offers classes for all fitness levels here in Tualatin. For more tips on reaching postnatal health goals, please contact Trisha at trishasw@strollerstrides.net or visit www.strollerstrides.net/swportland