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Becoming a [“Hot Mama”](#) takes work – Heck, staying healthy, in shape, and preparing to birth or continue to raise a child is HARD work.

Here’s where I come in. I’m Elizabeth, with a degree in Exercise Physiology, I have studied and become a certified pre and post natal exercise specialist. I teach Mommy Bootcamp, where mommies in all stages of mommyhood break a sweat like no other while baby wearing or rocking that awesome bump. I’m here to share some workout and health advice for anyone out there who is expecting a baby or trying to get back into shape after having a baby.

Remember to always talk to your doctor before beginning any type of new routine. Also, remember that pregnancy is NOT an illness. It should not be treated as such. You have 40 weeks to grow that baby. Take that time to truly grow a healthy baby!! And in turn, once your child is earth side, set the foundation for a healthy lifestyle.

So many exercises are running (pun intended) through my mind right now, and I may play around with how I present exercises each write-up.

Pregnant or not: KEGEL. KEGEL. KEGEL. I am not kidding. Your pelvic floor staying strong and together will help you from peeing your pants (while pregnant and afterward). It also aids in a vaginal delivery. Do not pretend to kegel. DO IT. DO IT NOW. Aren't sure if you are doing it right? Next time you pee, stop your steam midway through. That's the muscle you are working. A great time to practice? During sex. Your partner will thank you, trust me. ;)

Basic exercise: WALK. Just walk. Walk farther than you did yesterday. Push a stroller, baby-wear, rock that bump an extra block or two. Walking can lead to running, which I hope you will start to do soon (if you don't already). Walking, taking stairs, using a curb, etc opens the hips and allows baby to drop lower while in labor. It is a GREAT labor tool. Once baby is here, you are providing natural vitamin D to baby just by being outside – get outside and WALK!

If that is too easy: Add in some intervals. Walk for 3 minutes and stop to do a strength exercise. Repeat. Repeat again. And then a few more times if you can.

## Becoming a Hot Mama

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I have been teaching group classes since 2001, specializing in mommies since 2009. I became a natural childbirth educator in early 2013 and passion about spreading knowledge of health, natural birthing, gentle parenting, and the craziness of my life.

I am currently 28 weeks pregnant with baby #3. I have the sweetest daughter who turned 4 years old in August. We can call her my Red Bird. Soon to be stuck-in-the-middle is Brother Bear. He just turned 2 in August. They, along with my husband (aka Running Man) are the lights in my life, my whole world. We are expecting baby #3 sometime between Thanksgiving and Christmas and will have another home water birth, if all goes well. Life is about to become crazy(ier). I just began homeschooling Red Bird and am learning that patience is a virtue and children are the most amazing creatures. Trying to juggle 3 little ones 24 hours a day, a husband who works insane hours, and staying in shape is hard work... But I'm up for the challenge. I hope you are too!

Until next time Hot Mamas. Stay strong. Stay healthy. Try to stay sane.

Xoxo

Elizabeth