

# Scoops



The Newsletter of the Guild of Antenatal and Postnatal Exercise Instructors  
Issue 21 - 2006  
[www.postnatalexercise.co.uk](http://www.postnatalexercise.co.uk)

## PNEX HITS THE NEWS!

Its wonderful to see the whole subject of mothers, babies and exercise getting lots of national and local publicity. And we are delighted to see Guild members actively promoting the idea of exercise as a fun and social activity!

Prominent among them are all the pram pushing brigades! We have Judy DiFiore and Rachel Berg developing their **Pushy Mothers** concept, Emma Reading with her **Buggyfit** programme, and **Powerpramming** with Liz Stuart in charge.

**Pushy Mothers** were on BBC 3 in September helping persuade Natalie from Wales that she did not need plastic surgery to get back her self esteem.

**Buggyfit** has appeared in both local and National Press and has even been filmed for Central television news.

However, probably the prize for most publicity goes to Liz Stuart whose **Powerpramming** has featured in newspapers such as the Daily Mail and the Evening Standard, as well as being featured on the Baby Channel and on ITV news.

You are an inventive lot! Very well done!

It is thanks to your support that the Guild continues to thrive and I hope to see as many of you as possible at Guild training days. None of use can afford to be

complacent about our skills. And do take note of Judy's Health and Safety advice on page 3. And do vote on the idea of CPD.

Finally, I trust you all enjoy Christmas and have prosperous New Years!

**MEG WALKER**



**Some Pushy Mothers showing off their skills on their website. Once you start pushing you'll never stop!**

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## GUILD NEWS FROM MEG



First of all I owe you all an apology for the delay in publishing Scoops. It has been a difficult year for me personally as I have been looking after my mother, who is 95 and physically not in the best of health. Luckily, mentally she is 100% so whilst it has been physically demanding it has also been great fun to be with her. But it does mean I have been having to balance a lot of balls in the air at the same time, and not just exercise ones!

So Scoops has had to take a back seat until my husband and I had time to get together and sort it out.

An awful lot has been happening in the Guild which, thanks to you all, goes from strength to strength. The website in particular has been in high demand and the register of teachers is now seen as a very important list to be on. This in turn has led to some problems. At least one organisation, run by a Guild member, has claimed that it is 'registered with the Guild' and that its teaching is 'approved by' the Guild. It went further

and claimed that its training would automatically mean that its pupils would be entitled to become members of the Guild. This resulted in approaches from trainees who thought they could become members of the Guild and had to be disappointed.

We have to be absolutely clear. The Guild does not approve training organisations. This has to be done by a University, or a proper training approving body, such as Skills Active

The Guild does see members qualification certificates before they are allowed to be full members or listed on the Guild website. However, the Guild does not check or validate the training given by any organisation run by Guild members. It simply does not have the resources to do this It may be something we should think about for the future, but for the moment it is not practical or feasible.

So, providing you are paid up, you are welcome to claim that you personally are a member of the Guild, and that you are on its website, but you must not claim, or imply, that your company or organisation is approved by or registered with the Guild.

As you know we had to put on hold the full postnatal exercise teacher training course, but I am delighted to report that it is now planned for next Spring and there is even more interest than before. We are keeping our fingers crossed that enough of those who have shown interest actually sign up to do the course.

As I reported in the last issue of Scoops, Ruth Barrett had to stand down as chair because she wanted to become a teacher. This left us 'chairless' but I am delighted to report that Gillian Fletcher agreed to stand in as acting Chair until a new volunteer came forward.

The AGM had to be postponed because the study day it was meant to coincide with had to be reprogrammed but you should find in this copy of Scoops a voting sheet which I would be grateful if you would complete and return to me. The accounts are set out in the insert, thanks to David Fletcher for doing the honours yet again. We are asking you to also vote on a couple of matters and are seeking your support as always. In particular we are considering the suggestion that members should attend at least one study day a year related to ante and postnatal exercise. Not necessarily Guild ones, but the idea is that this would be a form of CPD, which is becoming the norm for most professional institutions. Let us know what you think!

I am very pleased to report that the postnatal short course has been well attended with seven participants. The feedback has been really good and we are very lucky to have Judy DiFiore as such an inspiring and enthusiastic teacher.

If any of you would like to be considered for chair - or would just like to make contributions to Scoops - do contact me. I'd

## PUSHY MOTHERS By Gaby Rosenthal

Pushy Mothers course review  
By Gaby Rosenthal

I feel that the Pushy Mothers course was very well put together and developed. It takes place over two days, which is perfect. The tutors (Rachel Berg & Judy DiFiore) are very good and complement each other in their areas of knowledge throughout the practical and theory parts of the course.



The course begins with a practical session where we took part in a Pushy Mothers workout - and it really is a workout! The system caters for all levels of fitness and combines cardio-pushing with resistance training and core stability work.

We then went through all the DOs and DON'Ts of postnatal training/workouts and the Pushy Mothers technique. Judy and Rachel have designed a syllabus of exercises which are specific, safe and effective and instructors have to stick to it, although the exact nature of a workout is flexible as it depends on weather, terrain and the number of mums in the class.

Even screaming babies can affect the type of exercise that is appropriate!

The theory part of the course is extremely comprehensive, covering pushchair posture and core stability, safety and screening as well as how to structure and manage a class and run your Pushy Mothers business. There's a lot to cram in!

Following the theory there was another practical session where we had to take it in turns to teach a class, while being assessed. Although I think we all knew what we were doing, this is still very nerve racking! Finally, we had a short written case study to check we'd been listening to all the theory as well.

After taking part in the course, the support from the tutors is great, Rachel and Judy are always just on the other end of the phone for any queries or questions that you may have, as well as promoting and advertising you and your park. This was one of my biggest concerns about going on the course and setting up my Pushy Mothers groups, and this has been where I feel I have had the most support.

It is also great to have kept in contact with the other girls from the course and discuss our groups and concerns with people in the same situation.

What's great is that all the instructors have learnt exactly the same exercises and

techniques and can therefore only teach the same exercises. This is great as some of the mothers attend different instructors groups throughout the week.

I enjoyed the course but even more than that I am enjoying taking the Pushy Mothers groups and working with all the mums and babies much more than I expected.

I think Pushy Mothers is one of the best workout ideas that has

### IMPORTANT NOTICE

**Do you teach classes where babies are present?**

Important changes have been made to the Children & Disabled Persons Act of 1996 which affects all instructors who teach sessions with babies present. This Act was amended in 2004 and is now being enforced.

The Duty of Care clause within the Children's Act states that everyone, including parents, has a total duty of care for the safety and well-being of children. From a teaching perspective this means that **although the mother is present, the instructor is still responsible for the safety and well-being of the baby in the class!!** If a baby incurs injury whilst in your class that child has a right to sue you when they reach 18!!! This applies to any type of exercise session being conducted. Instructors must act responsibly and not include anything in the session which increases the potential risk to babies either directly or indirectly ie using the baby for resistance exercises/running with the buggy or positioning them near/in potentially hazardous surroundings.

Additional insurance cover is available to instructors and is strongly recommended. 'Mothers exercising with babies with buggies' is available to Fit Pro members through Cyril Cooper at £55 per year. For more details contact Cyril on 01794 516740

Judy DiFiore

## Bounce Back Into Shape After Baby



**Bounce Back into Shape after Baby Caroline Corning Creager**  
**Executive Physical Therapy, inc. (2000)**  
**ebrandedbooks (2001)**  
**ISBN 0 9641153 5 2**  
**Physical Company £15.95/**  
**Amazon £15.50**

This book has been a favorite on my fitness bookshelf for a number of years - and is a little dog-eared as a result of frequent use. The front cover states it is "The Ultimate Guide to a Fun-Filled Time and Energy Efficient Workout - With Your Baby" and it aims to offer 10 minute "mini-workouts" which can be fitted into a mother's day. These short sequences show 5 exercises per workout and are at the back of the book, one workout per page; the book is designed so that these pages can be removed and used. Each exercise is also shown earlier in the book in greater detail, with a clear photo and instructions

including which area of the body is being worked.

The emphasis is on core stability and strength with the stability ball being used for many of the exercises - hence the "bounce back" in the title, I imagine!

The baby is included in many of the exercises, some of which are quite challenging, for example side lying over a stability ball, and some require quite a lot of balance, for example a hip flexor stretch over the ball with the baby balanced on the knee! Some of the prone and supine moves over the ball might be a bit ambitious or uncomfortable for the average postnatal mum.

There are separate sections covering vaginal and caesarean births, pelvic floor and diastasis recti, with a suggested mini-workout for each scenario. The theory of neutral spine, correct TrA and Pelvic Floor engagement and breathing techniques are thoroughly and clearly explained, and the diaphragmatic breathing exercise can stand alone as a lovely, relaxing move in itself. However, one of the exercises suggested for Diastasis Recti, an abdominal curl-up with a towel splinting the abdomen, is not something I have ever found to be particularly effective.

Quite a lot of space is devoted to scar management techniques, both for caesareans and episiotomies, something I cannot recall seeing in any other book. Also, I find this book very functional, in that postural ideas are related to getting in and out of bed, lifting baby out of a cot, holding baby, wearing a baby

sling, buggy pushing, getting baby in and out of a car and even toilet techniques. I feel that these ideas are things to which mothers could really relate. There is also rather a nice chart which shows how much weight the average mother might lift during one day based on the weight of a baby times the average number of lifts.

The general workouts are divided between stretching and strength and mothers are encouraged to keep a record of their progress with a pre-formatted training log. This is a good idea, however I feel that this is over complicated by unnecessary information on compound setting and super-setting strength training techniques.

The book is aimed at mothers recovering after the birth of their baby and is detailed and clear, however to get the most out of the workouts it is necessary to read a fair amount of explanation and I feel that this might be off-putting to those with very little time, thus defeating the main objective. It is also necessary to have a stability ball and a couple of the suggested moves include the use of a half foam roller and a mini-ball which are not things that the average mum is likely to have handy! Therefore I think this book works best for instructors to use to "cherry-pick" ideas for classes and clients. It would be wonderful to have the option of a CD Rom to download and print off workouts and individual exercises to give out, but as it stands I recommend it as a very useful resource.