



Buggy runs guidance to parents and their partners

Parents can now be involved in fun, social walk/jog/run which requires little more than a pushchair/buggy containing your child to take part and get in shape. You needn't worry about finding a child minder because your baby or toddler can come with you

The group leader will check your personal health situation with you and may request confirmation from your health visitor that you're ready to join in. You will have full and sole responsibility for the care of your child and the fitness of your buggy.

Where are groups held?

In parks, safe open spaces with good surfaces and on wide pavements.

When can you join in?

For mum

This will depend on whether you were already exercising before the birth and on your own recovery.

Take advice from your health professionals but let them know that the group will start with a walk and progress gradually

Much of the exercise will be mobility based and all aerobic

For partner

Your leader will discuss your existing activity level with you to ensure you don't over-do it.

For baby/toddler

When your baby can support his/her own head (at around six months) they can begin to join you on a session.

What kit do I need?

Equipment required is minimal.

A pair of trainers or walking shoes, comfortable loose fitting clothing and a supportive sports bra, (especially if breast feeding,) are the basics for mum and we'll leave out the bra for dad!

Will any buggy do?



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Start with what you've got.

Any reasonably sturdy but lightweight buggy will do for good quality surfaces.

A more specialist buggy is a worthwhile investment if you plan to go off-road frequently or if you plan to run rather than walk with your child.

Look out for second hand buggies in your local paper, baby shops or even the running shop info wall.

Buggies with added traction tyres and bigger wheels, such as the Babyjogger (from £319.00) are a favoured model

Key points to look for:

Check that the handlebars are at a comfortable height

Wheels are not positioned in a way that they trip you up.

Ideally they should be easy to handle but also have some suspension to keep the baby comfortable.

What can I expect from the group session?

A chance to get out and exercise, even if you don't have a child minder or crèche.

Fun, social interaction with others in the same position

Safe and guided exercise led by a qualified leader in areas risk assessed for the safety of the group.

Progressive exercise to return you to health and fitness

Group sessions are emotionally as well as physically beneficial to new mothers.

Recent Australian research reported that, among women diagnosed with post-natal depression, those who completed a 12-week buggy class showed fewer symptoms than those in a sedentary mother and baby group.

It was the social aspect combined with the aerobic activity's ability to raise levels of the feel-good hormones, endorphins, that they believe produced the effects.

For partners the opportunity to meet and socialise with other parents is valued

For the babies and toddlers...some just love the feeling of being pushed more quickly, some just sleep!