

Getting back in shape with their babes

New mums get to exercise, socialise and enjoy the outdoors during class

AN exclusive personal fitness training company has come up with a unique class for new mothers called Babes on the Run.

"We believe that new mums should have the right to still feel great about themselves and their body even at post delivery," said Chloe Lai, founder and managing director of Get Active.

"Mums who are fit will find themselves managing things and handling whatever comes their way much better," she added.

During the Babes on the Run class, mothers with their babies in strollers will start off with a jog around the park.

After the cardio session is completed, they will go through some strength training that can include the stroller and their baby's weight.

The one-hour session will allow them to burn calories, strengthen their muscles while bonding with their babies.

The social, outdoor environment with fresh air also adds a wonderful rejuvenating experience for the mothers.

"The trainers for the programme are accredited members with qualifications from the American Council of Exercise (ACE).

"We upkeep this certification by placing a mandatory requirement that our trainers take courses to keep themselves abreast of the latest techniques and increase areas of expertise.

"So we ensure that we understand and are knowledgeable of the condition so the new mothers can be rest assured that the classes are conducted properly" said Lai.

Idariz Kassim, who has a one-month-old baby boy, said: "This class is a gift as not only do I get to work out and get back in shape, I get to socialise, enjoy the fresh air and have my baby with me all the way. After giving birth, I felt less fit and tire out easily. I want to be an active and healthy mum so that I can give the best to my child".

Mother of a 10-month-old baby girl, Louise Scott said: "I love this class – it is the highlight of the day! It is nice to get out for fresh air, to get motivated to be healthy by a professional personal trainer, make new friends and most importantly to bond with my baby".

Babes on the Run class are held every Wednesday at 9am at Lake Gardens. More classes will be included soon.



Contented mum and baby: Idariz Kassim with her month-old baby.

»I want to be an active and healthy mum so that I can give the best to my child«

IDARIZ KASSIM

For more information, call 03- 6203 7671 or visit www.getactive.com.my

GetActive, which was founded in October 1997, does not give out gym memberships as it is strictly on appointment basis with the trainer.

GetActive also trains its clients outdoors, at their homes or in their condominium gym.