



You can make it happen

A few high and low-tech helpers to get back that before-baby body

You're already looking longingly at those pre-baby jeans. But once baby is here, you'll find it's easy to let motherhood come before fitness. And staying motivated, especially if you feel alone or don't know where to start, makes it that much harder to work out.

Of course the traditional methods can help you motivate, but today's digitally driven world gives you more ways than ever to get moving and stay on track. Feeling better about yourself will help you be a better mom, too, so try these tips, both techie and non, to stay inspired:

Take baby steps

When your baby learns to walk, she'll take a few steps, fall, and get back up again. You know she'll eventually learn to run. Well, give yourself the same encouragement! Instead of an all-or-nothing approach, commit to taking a step forward each day. Keep track of what you eat and your exercise routine, and give yourself credit for each positive move. Sometimes it can be hard to see differences in strength or improvements in your diet because they're so subtle.

Do it together


You don't have to hire a personal trainer or drag along a workout partner to have a cheering section. You don't even have to work

By **Lisa Druxman, M.A.**, founder of **Stroller Strides**

out together. Moms all over the country unite online to get in better shape, sharing advice, recipes, success stories, and goals, and holding each other accountable. This year, Stroller Strides started its own digital workout support with the Get Fit Challenge, which began in February and ends this month; moms who sign up get motivational emails, and there's even a Facebook group to connect with. Finding friends online helps you commit; I link up with other moms on twittermoms.com.

Measure it

It's not enough to say you want to "lose weight." You need a measurable goal and a plan to get there. Make it specific, achievable, and timely. But forget about the numbers on the scale. Instead, give yourself challenges like cycling to work roundtrip. See how many push-ups you can do or how long you can hold a plank position, then try to go farther every day. Ambitions help you make fitness a part of your routine, working your way to your goal.

For more important tools for training, see page 42. 

Lisa Druxman, M.A., a mom of two, is the author of the postpartum fitness manual *Lean Mommy*. You've also seen her on *The Today Show* and *Access Hollywood*.

Get moving!



Until junior can bowl along with the whole family, get your blood pumping with a **Nintendo Wii Fit and Balance Board**. Exercise options include strength training, aerobics, even snowboarding—and you can track your progress with graphs and charts. \$101, buy.com

Get in the game with **FitDeck Exercise Playing Cards**. Pick up the Postnatal deck and the Baby Stroller Booster for 76 exercises to pick from—with no exercise gear required! \$15 and \$10, fitdeck.com



Record simple lifestyle goals (like eating breakfast every day) and your major motivation (perhaps that 5K charity walk?) in a **Fitbook**. Then, set up a 12-week plan to achieve your goals with the book's help. Along the way, you can change your plan to increase your fitness level and improve your diet. \$20, getfitbook.com



Hey moms-on-the-run! You can find local groups to jog and walk with at seemommyrun.com. Then get really high-tech by tracking your time and distance with **Nike+** (nikeplus.com), which uses your shoes to collect data and your iPod to process it. Cool!