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My exercise routine has evolved a lot over the last six years.

2007: During my first pregnancy, bad morning sickness and sciatica made it difficult to maintain any sort of routine. I had a C-Section and some post delivery complications, so I didn't start to find a groove until my first son was six months old.

2008: I found Stroller Strides in the spring of 2008, and started going most Saturdays. It was a butt kicking workout and I enjoyed getting to know other moms, something I didn't get to do much as a working mother. Stroller Strides and walking during lunch were my main forms of exercise.

In the summer of 2008, my husband started joining me at Stroller Strides, and once he did, it was much easier to get out the door on Saturday mornings. It became our regular family routine each weekend and a social outlet in addition to the health benefits.

In 2009, with the help of my Stroller Strides teacher, I trained for and completed my first 5K!

In 2009, I became pregnant with my younger son and once the morning sickness subsided, I engaged in a variety of exercise: swimming, walking at work, prenatal yoga and weekly Stroller Strides.

After my second son was born in 2010, I attended Stroller Strides 3-4x/week during my maternity leave. Sometimes I would spend half the class nursing the baby, but I always went because some exercise was better than nothing!

When I returned to work in August 2010, I had a YMCA membership that I tried to use during the week, but over time my work schedule got in the way and it became a wasted expense. Figuring out a new normal with exercise and two kids has been a challenge, namely because of the guilt that I feel over going to a weeknight Zumba or yoga class, and I've had some health issues with my back that have interrupted many an exercise routine. What I've learned is that self care is an exercise in trial and error.

What works for me now is that over the last couple of years, my company has evolved their Wellness program to create a dedicated space for employee wellness. Weekly classes are offered for yoga, Zumba, toning, weight watchers meetings, and monthly chair massage (1\$/min). It's very hard to say no to exercise when it's right in my building, and it's free! I keep a bag with workout clothes, baby powder and other toiletries to freshen up after a class. I don't feel bad about taking time from work because exercise helps my productivity and I feel like I get twice as much done in the afternoon after yoga than I would just sitting at my desk.

Not everyone has an exercise studio at work, and so before that and now, I take a walk with a co-worker a few times a week for up to one hour. I've also asked supervisors to have "walking meetings" for our one on one check ins. I have ADHD and find that movement helps me articulate my ideas better, and I can listen better than I can while sitting still. In eight years, I haven't had a boss who has rejected a walking meeting.

I've also had to revise my beliefs about working out and exercising since becoming a mom. For now, the gym doesn't work for me. I spend too much time away from my kids each week, and my available time is not predictable. Having a jogging stroller means that I can get a walk in while I'm with my kids, and I plan a route that takes us to a park somewhere along the way. My focus is more in getting activity into my week, whenever I can!