

Press Kit

the postnatal workout for a healthy mama
and a happy bubba



KANGATRaining

Information

Kangatraining means a total body workout while your baby can relax and enjoy being close to you.

The babies spend most of their time in a supportive baby carrier (Manduca carrier or similar) where the sound of music and rocking motion puts them at ease – sleep mainly!

The name Kangatraining comes from the Walt Disney film 'Winnie the Poo' where by the 'Kanga' mother dotes on her playful and energetic baby joey.

Kangatraining gives mothers the chance to exercise in a fun environment with their baby and other like-minded mums.

It is a safe and gentle workout that concentrates on restrengthening the pelvic floor and abdominal muscles whilst having a good time in a relaxed atmosphere.

Kangatraining provides mothers an OPTION.
Whether it's getting back into shape post pregnancy, having a laugh with friends or merely getting out of the house!
No childcare required.

That is the true benefit of Kangatraining.

Let's Kanga!

www.kangatraining.com.au



EDUCATIONAL PROGRAM

Kangatraining offers a unique business opportunity that allows you to take your baby with you. Whether you're a first time mum or a mother of older children, Kangatraining will fit into your lifestyle to create flexibility and a class timetable that works for you.

There are no pre-requisites to complete our program however basic exercise and fitness industry experience are beneficial.

The most important attributes in becoming a successful Kangatrainer are a positive attitude and a passion to help other mums achieve their goals.

We understand life with a little one could make it difficult to attend our program, however due to the nature of our business all babies are welcome to join us for the week!

Kangatraining was created in 2008 by Austrian mum Nicole Pascher. As a former dancer and long time fitness professional, she saw a market gap or this type of program.

The media's interest in this new concept was popular from the beginning and from there Kangatraining grew quickly.

Kangatraining has had news coverage in a variety of Magazines, Newspapers and TV Shows throughout Europe, South America, the United States and Australia.

As the media interest continued to increase, so did the number of licensed kangatrainers which has proven its success.

What started as an idea soon became the most widespread fitness program for young mums in only 4 years with over 1000 locations in more than 20 countries.

For more information please contact:

Kangatraining Australia - SARAH TARRANT

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EXERCISE FOR **two.**

Looking for an answer to the question ‘how can I achieve a quality workout and have my baby with me?’ was the beginning of a fabulous new training method for mums.



With a new baby on the way,

Melbourne's Sarah Tarrant is passionate about her business and rightly so. As the Country Leader of Kangatraining for Australia, Sarah first learnt about Europe's most popular postnatal workout whilst on holidays in Austria. "I attended a class and I was amazed at what I saw," Sarah explains. "When I returned home, I realised that there was a gap in the market for such a program – somewhere that mothers and babies could work out safely in a casual and easy going environment."

Kangatraining (named after Kanga from the Winnie The Pooh books who dotes on her playful and energetic baby joey, Roo) started when personal trainer, Nicole Pascher, gave birth to her third child, Pamina, in 2008. Nicole, an experienced personal trainer who specialised in pre and postnatal, knew how to structure a safe and effective program for new mums but she also knew that her own daughter didn't enjoy being in a pram and watching her workout. She wanted to be carried and be close to her mum.

"Kangatraining is a complete workout in which both cardiovascular endurance/flexibility and muscular capacity/strength are enhanced," says Sarah. "Unlike traditional exercise classes, new mums don't need to worry about finding a babysitter or watching an unsettled baby during class because the babies are worn on them and get to be part of the action! As well as the physical benefits, mothers also have the chance to meet other local mums in a relaxed environment which boosts their emotional wellbeing."

"I have a business finance background but I was ready for a change," Sarah says. "I have always enjoyed being active and leading a healthy lifestyle and I loved what Kangatraining had to offer. So, I returned to Europe and completed my instructor qualifications at the Kangatraining School in Vienna and after starting classes in Melbourne, we are now wanting to qualify new Kangatraining instructors nationally. I love that Kangatraining gives new mums the chance to exercise in a fun and supportive environment with their baby. It's a safe and gentle workout that really concentrates on re-strengthening the pelvic floor and abdominal muscles whilst still having a great time in a relaxing environment. I think what amazes me



the most is how a room full of babies can magically go to sleep from the rocking motion of the dance based workout. This then puts the mothers at ease and they can focus on themselves for the remainder of the session."

Sarah, who also is a qualified baby wearing consultant through the Die Trageschule (babywearing school) in Dresden, Germany, says that safety is the number one consideration when using a baby carrier and this is the one item that mums starting Kangatraining need to get right. "Most popular carriers, although not posing any immediate threat, are not optimally designed to support the natural development of baby's hips and spine. Our trainers work with the mums to ensure that they are using

the correct carrier that is suitable for the class and also has the best fit and comfort for mum and baby. We also offer carriers at each class to try or hire. My preferred baby carrier is the Manduca, I just love it."

Sarah says that any mum, at any fitness level, can get involved once they've been given the all clear from their doctors after their 6-8 week postpartum check up or 12 weeks following a c-section. "Babies aged from six weeks to 18 months come along although there is really no age limit for babies so long as every mother participating can wear their baby safely and comfortably. For restless older babies, or mums who have a baby and a toddler, the

kids are welcome to play on the floor in the room. Everyone is in the same boat, so no one minds the different ages of the little ones attending class with them."

Christina, a new mum from Sydney, has become a fan. "I really enjoy Kangatraining. I am able to work up a sweat and keep my daughter settled and happy. Our instructor created a really fun and relaxed environment and allowed each mother and baby duo to go at a pace that suited them. By the end of the session, I could definitely feel the burn...and I had a very relaxed, sleeping baby!"

"Kangatraining has helped me to lose weight through exercising with my baby," Tracey from Hobart says. "I don't have to worry about childcare



The Northern Daily **LEADER**

Bouncing bundles boost business

By Alena Nickell
Aug. 17, 2013, 4 a.m.



BABY BLISS: Lisa Handley and Natalie Bradbery strike a pose with their eight-month old sons Levi Handley and Nate Deacon as Bec Moss and Victoria Salakas look on. Photo: Gareth Gardner 080813GGB02

TWO young entrepreneurs are taking the concept of a bouncing bundle of joy to another level, bringing a cute new fitness craze to town. First time mums and local girls Natalie Bradbery and Lisa Handley were struggling to find a form of exercise they could do with their infant sons after they refused to ride in a pram.

Not long after, Natalie came across Kangatraining, a form of exercise where mothers wear their babies in specially designed carriers or "pouches" while working out.

"I was perusing the internet for something I could do with Nate because he hates being in a pram, which makes walking a little difficult," the dance and English teacher said. She "liked" their page on Facebook and was sent an email advising her of up-and-coming instructor classes in Melbourne.

"I looked at it and thought that would be amazing, but financially we just couldn't afford it," she said.

Her mothers' group friend and now business partner, Lisa, convinced Natalie they should "bite the bullet and do it".

Two weeks later they boarded a plane to Melbourne with their young sons in tow. Developed in Europe and brought to Australia in early 2012, the unique classes offer low-impact exercise to help mothers regain strength lost during pregnancy. Pelvic floor and abdominal muscles are given special attention and no weights are used as "we go by the principle that you can't be sore because you have to pick up your baby tomorrow," Natalie said. For her, the new-age exercise ticks all the boxes.

SunraysiaDaily

Training for mums with bubs onboard

By Lauren Roden



ALL TOGETHER: Trainer Shelley Eaton with her "demonstrator" baby, Kyra Mitchell and Jasper, 6 months, Kylie Thornton and Layla, 7 months, and Mia Kolpin with Harvey, 7 months get moving in their first Kangatraining class. Picture: Clancy Shipsides.

FOUR Sunraysia mums were the first to try a new fitness program with a difference this week. Kangatraining is a dance-based exercise class where mothers

work out while wearing their babies in specially designed

Mildura mum and instructor Shelley Eaton said that the class

allowed mothers to bond with their baby, socialise and get back to their pre-pregnancy fitness and shape.

"It incorporates healthy baby wearing and exercise," Ms Eaton said. "It's a gentle exercise program that incorporates building up the pelvic floor and strengthening and bringing the abdominal muscles, that separated during pregnancy, back together.

"The exercise is great for mothers, but just having that time you can spend with the baby close to you is very important as well.

"Studies have shown that exercise and just being out and about reduces postnatal depression."

Mrs Eaton said the concept was developed in Europe and had taken off since it was brought to Australia last year.

"I had a friend who went over to Europe and saw the concept and brought it over to Australia," she said.

"So I went down to Melbourne for about three months to become a trainer and then brought it to Mildura.

"I have four children and one on the way and I've worn all my babies.

The Cairns Post - Cairns, Philippa Bowman



Stepping out: Strapped in and rarin' to go are (front to back) Philippa Bowman with Peyton, Emily Small and Metia Dally, Mel Cunningham and Stevie-Kate, Carrisa Reason and Rocco and Renee Hanrahan with Mila. Picture: STEWART McLEAN



KANGATRaining

When it comes to bouncing back into shape after giving birth, these new mums are happy to be left holding the baby...

Writer: Raelee Tuckerman - Photographer: David Field

They say necessity is the mother of invention – that's why an innovative exercise class now offered in Bendigo is going ahead in leaps and bounds.

The Kangatraining concept solves an age-old problem preventing new mums from returning to physical activity: what to do with their precious bundles of joy while they work out.

Here, inside Palmer's Gym in Mundy Street, infants are an integral part of the fitness routine. Cocooned in baby carriers close to their mothers, they provide gentle weight resistance that increases every week to help the ladies regain their strength and flexibility.

"It's all about being active, getting back into the groove of moving and feeling good," says Bendigo instructor Jacqui Wait, who leads the class with one-year-old son Harry strapped to her back and daughter Ada, 3, playing happily in the background with several other toddlers.

Jacqui guides mums and bubs through a floor warm-up with face-to-face interaction that elicits plenty of giggling and gurgling

from the tiny participants, then helps the women put on baby carriers ready for the low-impact, Latin-style dance moves that gets hearts pumping.

There is barre work for leg strength, stretching to cool down and finally, some all-important pelvic floor exercises.

At the end of the hour-long session, many of the mums have worked up a sweat and are feeling the effects of squats, knee lifts and cha-cha-chas in muscles they'd forgotten they had.

As for the littlies, young Harry is sleeping soundly and most of the other babes are so relaxed they've snuggled in and nodded off, too.

"Indi always falls asleep," laughs Isabella Camm as she cradles her six-month-old after a Monday class.

"I really enjoy being able to exercise and bring her, because there are not many places where you can do that. It is a fantastic workout and I'm often sore the next day.

"It gets us out of the house, I feel energised

afterwards and it sets us up for a good



six times a week before daughter Ruby arrived and was keen to resume her fitness regime afterwards.

"It's a bit harder for me to get to gym now, so I was looking for an alternative where I could exercise with Ruby," she says after a Kangatraining session. "I like that she is with me the whole time and that there are lots of babies here around a similar age.

"It's great being able to work out with your child in a settled and friendly environment. Ruby always laughs, especially when you get her on your knees and move her up and down.

"I've even used some of these exercises as settling techniques at home."

Instructor Jacqui says the aim of her classes is to offer "excuse-free exercise".

While the ladies are put through their paces, their toddlers and preschoolers can enjoy supervised play in the same room under the eye of staff from the gym's Tumble Tots group.

Local Tumble Tots teacher Emma Carmody is thrilled to be involved, having attended Kangatraining with her own daughter.

"Everyone here is in the same situation, so no one stares at you if your baby cries," Emma says, "and if you need to feed or change them, you can just go and do it.

"We are trying to make people realise you don't have to find extra childcare – we are here and everyone can be active together. Even dads can come and play if they want."

As this class draws to a close, Jacqui tells her students a story she thinks they might relate to, of the ancient Greek figure Milo,

who could carry a fully-grown bull on his shoulders.

Milo trained himself by lifting the animal every day from the time it was a calf, just as they pick up their babies daily. As the calf grew and its weight increased, so did Milo's strength until he was literally as strong as a bull.

And as these mums continue carrying their growing infants, their strength, fitness and energy levels will rise. Persistence pays, Jacqui says, and step by baby step they will succeed. Kangatraining is carried out in consultation with midwives, physiotherapists and baby carrying consultants to ensure the program is appropriate for all involved.

Mums can buy or hire one of the recommended Manduca-brand carriers to use, or bring their own to class as long as it provides knee-to-knee support across the baby's bottom.

"The dances are Latin inspired, with a bit of hip-shaking and bobbing," says Jacqui.

"But it's basic, low-impact exercise to protect the pelvic floor, and because we have our babies with us, we're not jumping around.

"One of the best things about it is there is not an ounce of competition – we are not here to compare, we are here to laugh and have a good time."

*Kangatraining costs \$20 for casual classes or \$125 for an eight-week program.

Participants must have had their post-natal check-up and been cleared by their doctor or obstetrician to resume exercise. For more details, phone Jacqui Wait on 0409 415 290 or visit the Kangatraining Bendigo Facebook page. ■



PARKLEA

Cheryl finds perfect mix

MUM'S NEW VENTURE BLENDS BUSINESS WITH PARENTING

Nigel Gladstone

CHERYL Leong went from working as a compliance lawyer for the Australian Stock Exchange to having her baby as her business partner.

Ms Leong, of Parklea, wanted to get into shape after having her daughter and came across European exercise craze for mums and bubs called Kanga Training.

It is a dance-based choreographed postnatal workout, using a specially designed baby carrier.

Launched in Australia earlier this year, the classes are a workout with particular focus on correct posture and strengthening the pelvic floor and abdominal muscles.

"Kanga Training was the perfect solution. I could exercise and be with her at the same time and having her fall asleep on me which was a bonus," Ms Leong said.

"The best part is having my baby as my business partner."

Ms Leong runs the Kanga Training business from her home, with classes launched this week at Kellyville Sports and Recreation Centre, Kellyville.

She said although mothers and babies are her main clients, father and carers are also welcome.

She describes working from home as a "juggling act" and believes to make a home business work, people have to love what they do.

"Do something you love and that works for you and your family and don't put undue pressure on yourself," Ms Leong said.

"Every small step is a big achievement. Anyone that starts a business with a young child should be proud of each and every goal they've accomplished no matter how small."

Ms Leong is offering free class trials to *Rouse Hill Times*' readers.

Details:

cheryl@kangatraining.com.au/
sydneykangatraining.com.au



Cheryl Leong exercises with her daughter.

Picture: RYAN ADAMS



Babies' Day Out organiser Philippa Bowman and her 18-month-old Payton on the Esplanade where the event will be held. Source: News Limited

A BABIES' day out featuring a baby bopping fitness class, music and parents' pamper zone will be held on the Esplanade tomorrow to raise money for Cairns' most fragile bubs.

Organiser of Nurtured on the Nard, Philippa Bowman, said the baby bonanza would raise funds for the special-care nursery at Cairns Hospital.

"I have met a number of mums who are so grateful for the care that their babies received in the special-care nursery," she said.

The event will include Kanga training – a post-natal aerobic class which enables mums to work out with their babies strapped to their bodies in carriers, a baby music class, a dads' chill-out zone and mini pamper area for mums.

The event, to be staged next to the Pirate's Playground on the northern end of Cairns Esplanade, will run from 8.30am until 11am.

Families are encouraged to donate \$5 per person to attend the event.

Kangatraining flash mob sweats it out for a cause

© The Cairns Post

A BIT of baby bopping at the weekend proved a win for some of Cairns' most fragile bubs.

The Cairns Kangatraining flash mob on Saturday raised more than \$900 for the Cairns Hospital's special care baby nursery, when about 30 mums and dads, with bubs in tow, turned out for the fundraising workout event at the Esplanade. Kangatraining is a postnatal aerobic class that enables new mums to work out with their babies strapped to their bodies in carriers.



Baby bump: About 30 mums and dads took part in a Kangatraining flash mob with babies in carriers joining in the aerobics activity.



Yvonne Laycy is Kangatraining in Redfern to help both mums and newborns.

A new bub no barrier to get fit

James Gorman

MUMS and bubs will soon be able to exercise together when Kangatraining classes launch in Redfern.

Redfern's House of Yoga will host the classes run by Yvonne Laycy from Fit with Bub which are designed as a safe and targeted workout specifically for post natal recovery. Babies enjoy the movement and music, emulating the motion felt in the womb and most are asleep by the end of class.

Ms Laycy said the classes were a great way for mothers to spend quality time with their newborns while also gaining a comprehensive workout.

"Kangatraining is taking off in Australia as mothers embrace the culture of baby-wearing," she said.

"It is the perfect class for mum and baby to spend time together.

"Babies are worn in baby carriers. They provide gentle weight resistance which increases as baby grows, helping mothers regain their strength. Kangatraining is a complete workout."

The hour-long classes begin with a warm up and floor/core work where there is plenty of mum and bub interaction.

Ms Laycy then helps mums put their babies into carriers, ready to take part in low impact dance-based choreography.

Details: info@fitwithbub.com.au

Sportsgeist

Herzstärkung mit Herzibinkerl

Kangatraining heißt das neue Work-out für Mamas und Babys ab 6 Wochen. Die Erfinderin ist Fitness-Expertin und dreifache Mutter.

VON HEDWIG DERKA

Primär verwende ich Springschnüre." Mit Nicole Pascher ist gut Scherzen und Lachen. Noch besser funktioniert das – selbstredend schnurlose – Work-out. Kangatraining nennt die dreifache Mutter, Tänzerin und Fitness-Trainerin ihr Bewegungsprogramm – benannt nach ihrer Lieblingsfigur aus Winnie Pooh.

Während Känguru-Mama Kanga mit Roo im Beutel durch den Hundertmorgenwald springt, animiert Nicole Pascher, 37, mit ihrer Pamina, 9 Monate, in der Babytrage ab nächster Woche Gleichgesinnte im Wiener Move on Dancecenter.



MATHIAS LENZ

Work-out-Partnerinnen
ohne Springschnur:
Nicole (groß) und
Pamina Pascher

Weil sie nach der Geburt ihrer jüngsten Tochter kaum Zeit hatte, etwas für sich zu tun, weil Yoga den Nachwuchs rasch langweilt und Mutter-Kind-Turnen erst für Sprösslinge ab zwei Jahren angeboten wird, hat Pascher die Marktlücke mit eigenem Work-out geschlossen: „Die Mutter ist im Fokus. Es geht um richtige Fitness.“ Dem Aufwärmen folgt ein Intervalltraining: Dabei werden zum einen Ausdauer und Flexibilität von Herz und Kreislauf verbessert, zum anderen die Muskeln gekräftigt, vor allem in den Bereichen Bauch, Beckenboden und Rücken. Wichtig: die korrekte Körperhaltung.

Weil Pascher Kin-

derlieder nicht mehr hören kann, mit Taktgefühl für Groß und Klein vieles leichter gespielt sie Happy Musik-Disc Hits aus den '70er/'80er-Jahre Pamina liebt den Lollipop Song. Und den Spiegel an d Wand. „Da quietscht sie v Vergnügen. Es gibt fast ke Kind, dem das Kangatraining nicht gefällt“, ist Pascha überzeugt. Die meisten Babys lieben es, ganz nahe bei der Mutter zu sein und jede Bewegung mitzumachen. Besser als n Babysitter daheim zu bleiben.

„Ich möchte, dass mein Kangatraining einmal so ein Begriff sein wird wie Pilates“, blickt Pascher in die Zukunft. Sie w Trainerinnen mit Babys einsetzen – in ganz Österreich. Und das Work-out vielleicht mit dem vierten Kind selbst vorziehen. Naturgemäß frisch, fröhlich – und ohne Springschnur.

Angebot: Gemeinsam fit

Kangatraining Fitness-Expertin Nicole Pascher bietet ihr Work-out für Mama/Papa/Baby und Schwangere im Move on Dancecenter, 1070 Wien, Neubaugasse 12–14, an.

Programm Es gibt eine offene Klasse zum Schnuppern und Wiederholen. Jeweils Mittwoch um 9.45 Uhr. 50 Minuten kosten 15 Euro. Ab 22. April 2009. Der Kurs dauert 8 Wochen, jeweils Dienstag, 10 Uhr bis 10.5! Uhr. Preis: 95 Euro. Kursbeginn: 5. Mai 2009.

Info unter ☎ 0650 / 51 25 366 bzw. im Internet unter www.kangatraining.at

4 FULL PAGE ARTICLE IN EUROPE'S LARGEST PARENTAL MAGAZINE
400,000 READERS

Titelthema

Eltern

abnehmen mit Schwung!

Das Känguru-Work-out mit dem Two-in-One-Effekt



SO ALAPPT DER SPORTLEHE ZWISCHEN-KUNSTSTÜCK

Kann auch für Eltern! – Dieses fit werden mit einem Two-in-One-Work-out ist ein, was überflüssig und unangenehm ist. Inzwischen sind Eltern mit Kindern im Känguru-Work-out nicht nur die besten, sondern auch die besten. Die Känguru-Work-outs sind ein Workout, das nicht nur die Eltern, sondern auch die Kinder glücklich macht. Nach einer guten Nacht (zumindest wenn sie gut schlafen) sind die Eltern mit einem Känguru-Work-out fit und gesund. Auch ein weiteres Workout, das Eltern mit Kindern im Känguru-Work-out fit und gesund macht, ist das Känguru-Work-out. Es ist ein Workout, das nicht nur die Eltern, sondern auch die Kinder glücklich macht. Nach einer guten Nacht (zumindest wenn sie gut schlafen) sind die Eltern mit einem Känguru-Work-out fit und gesund.

MIT KART 39 BEZUGLICH
Für die Übungen auf diesen Seiten brauchen Sie keinen Babyträger. In der Tat ist es besser, wenn Sie keinen Babyträger tragen, wenn Sie diese Übungen machen. Wenn Sie einen Babyträger tragen, ist es schwieriger, die Übungen zu machen. Wenn Sie einen Babyträger tragen, ist es schwieriger, die Übungen zu machen. Wenn Sie einen Babyträger tragen, ist es schwieriger, die Übungen zu machen.



2 Die Schöne Scheitel-Schädel
SO GHT'S in halblegender Rückenlage zeigen die Kniegelenke richtig nach außen, die Knie sind über den Fußgelenken. Dann Bauchboden anheben, Schulter nach unten ziehen und Oberkörper nach oben heben im Tragen nach unten. Dann die Füße anheben und aus dem Boden auf und ab abheben. Dann nach unten die Knie nach oben ziehen, dann Bauchboden anheben und die Schulter nach unten ziehen. Dann die Füße anheben und aus dem Boden auf und ab abheben. Dann nach unten die Knie nach oben ziehen, dann Bauchboden anheben und die Schulter nach unten ziehen. Dann die Füße anheben und aus dem Boden auf und ab abheben. Dann nach unten die Knie nach oben ziehen, dann Bauchboden anheben und die Schulter nach unten ziehen. Dann die Füße anheben und aus dem Boden auf und ab abheben.

1 SAFT, MARCH
SO GHT'S im aufrechten Stand mit dem Baby in der Trage auf der Seite marschieren. Bein hinter zur Hüfte, Schulter nach hinten ziehen. Dann mit dem Fußgelenk nach vorne nach unten ziehen. Dann mit dem Fußgelenk nach vorne nach unten ziehen. Dann mit dem Fußgelenk nach vorne nach unten ziehen. Dann mit dem Fußgelenk nach vorne nach unten ziehen. Dann mit dem Fußgelenk nach vorne nach unten ziehen. Dann mit dem Fußgelenk nach vorne nach unten ziehen. Dann mit dem Fußgelenk nach vorne nach unten ziehen. Dann mit dem Fußgelenk nach vorne nach unten ziehen. Dann mit dem Fußgelenk nach vorne nach unten ziehen. Dann mit dem Fußgelenk nach vorne nach unten ziehen.



3 Diese Wippe macht Bein!
SO GHT'S in großen Ausfallschritt zeigen Fußgelenke und Knie nach unten, die hintere Ferse ist angehoben. DAS STÜTZT Knie rechtwinklig über der Fußspitze gebeugt. Nun den Oberkörper mit dem Baby in der Trage nach hinten ziehen, Schultern nach hinten ziehen, Bauch anspannen, auf und ab abheben. Dabei die Knie in der höchsten Position nicht ganz strecken, in der tiefsten Position ist der vordere Oberschenkel fast waagrecht. Das hintere Knie zieht senkrecht nach unten. Je Seite zwei- bis dreimal 15 Wiederholungen.
Trainings Plus: Fortgeschrittene stoppen in der Abwärtsbewegung, halten kurz und gehen dann weiter nach unten. Auch die Aufwärtsbewegung mit einer Pause abschließen. Zum Abschluss fünf Sekunden in der tiefsten Position halten und Mini Wippbewegungen ausführen.
DAS BRINGT'S: trainiert Bein- und Po-Muskeln und die Balance.



5 Der Lift zum Knackpo
SO GHT'S in Rückenlage die Füße nahe am Po aufstellen, Füße und Knie sind geschlossen. Das Baby auf den Bauch setzen und festhalten. Becken anheben, bis der Körper von den Knien bis zu den Schultern eine Linie bildet. Langsam wieder absenken, aber nicht auf dem Boden ablegen und Knie geschlossen lassen. Dreimal 15 Wiederholungen.
Trainings Plus: Zusätzlich einen Fuß vom Boden lassen und das Bein strecken – dabei das Becken nicht nur Seite abheben lassen. Bein nach 15 Wiederholungen wechseln, ohne den Po abzulegen. Viermal 15 Wiederholungen – je zweimal mit jedem Bein. Am Ende das gestreckte Bein für fünf Sekunden halten. DAS BRINGT'S: kräftigt Beinmuskeln, Po und unteren Rücken.



4 Sitpack im Anflug
SO GHT'S in Rückenlage Beine geschlossen anheben, Knie sind senkrecht über dem Becken, Unterschenkel waagrecht, der Kopf liegt auf der Unterlage. Nun das Baby bäuchlings auf Mamas Unterschenkel legen und an den Händen festhalten. Bauchboden zur Hüfte ziehen, einatmen und dabei die Beine in Richtung Kopf, dann ausatmen und dabei die Beine wieder wegchieben. Dreimal 15 bis 20 Wiederholungen. Wichtig für diese Übung darf die Rektus abdominis – Spalt in der Mitte der geraden Bauchmuskeln sein, der sich nach der Geburt wieder verkleinert – nicht größer als zwei Zentimeter sein (kann tragen). Trainings Plus: Heben Sie den Kopf vom Boden an und halten Sie nach jeder Runde noch fünf Sekunden lang die Position. DAS BRINGT'S: kräftigt die Bauchmuskeln.

1 FULL PAGE ARTICLE IN EUROPE'S LARGEST PARENTAL MAGAZINE
400,000 READERS

Jobwunder

Text Nora In'au
Michaela Hartweg

Baby

Eltern

Was tun, wenn der alte Job nicht zum neuen Leben passt? Vier Mütter, die wir Ihnen hier vorstellen, haben den Wechsel zu etwas ganz Neuem gewagt

70

MÄRZ 2011 ELTERN



DIE PROFESSIONELLE

Nicole Pascher hat ein Fitnesstraining speziell für junge Mütter entwickelt – das Geschäft boomt.

■ Alles fing damit an, dass Pamina schrie. Sie wollte nicht auf der Decke liegen, während ihre Mama trainierte. Also nahm Nicole Pascher ihre kleine Tochter kurzentschlossen in die Trage – und siehe da: Viele Übungen klappten auch mit Baby vorm Bauch, und Pamina schlief zufrieden ein.

Damit war die Geschäftsidee geboren: ein Workout, bei dem Mütter ihre Kinder am Körper tragen können. Als ausgebildete Tänzerin und Fitnesstrainerin hatte Nicole vor den Kindern bereits Erfahrung als Trainerin gesammelt. Ein toller Job, nur leider nicht familienfreundlich.

Nun bringt ausgerechnet das dritte Kind sie in die Fitnessbranche zurück: Bereits in der Schwangerschaft hatte Nicole eine Fortbildung speziell zum Training mit Schwangeren und jungen Müttern gemacht. Nun entwickelte sie das Workout zur Theorie: Kangatraining. Sie gibt Kurse, produziert eine DVD, bildet weitere Kangatrainerinnen aus. Der Erfolg gibt ihr recht. Die Ausbildungskurse zur Kangatrainerin sind für die kommenden Monate schon ausgebucht. www.kangatraining.com

KANGATRaining ON TV

It did not take long until several TV stations started with TV reports about Kangatraining in Europe, Australia, New Zealand, South America, ...





Heidi Mitter
trainiert mit Sohn Julian



KURZ VOR **5**

Dr. Simone Koch
Kursleiterin mit Tristan



KANGA
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