

Your  
5 Step Guide to

# EXERCISE AFTER KIDS

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This guide will share five useful pieces of information to help you **regain your strength & fitness** no matter how old your children are.

# I've been there.

My name is Madeline Ruiz and I am the owner and Head Coach at **Garden Hard Club**. I run a small studio gym from my home in Medina. I have my Cert 3 in Fitness and am a CrossFit Level One (CF-L1) coach.

I have two gorgeous children and through my personal experience of falling pregnant, growing, ejecting (for lack of a better word!) and raising them I have established a method and mindset at my gym that will enable you to regain your strength and body confidence once more.

Whether your children or 5 months old or 17 years old the same principles apply, **it's never a bad time to focus on your strength and health.**



**2021 After second child**



**2024 CrossFit Open**



## **Part One: Set Realistic Goals**

Start by setting achievable goals that align with your current lifestyle and fitness level.

Consider factors such as the time you can dedicate to the gym, your energy levels, and any physical limitations you may have.

Whether it's aiming to attend the gym three times a week or gradually increasing your strength and endurance, make sure your goals are specific, measurable, and realistic for you.

Remember that your body may have changed since having kids, so be patient with yourself and focus on progress rather than perfection.

# Part Two: Utilise Efficient Training Methods

Recognize that time is precious, especially as a parent. Look for efficient workout options that maximize your time in the gym.

High-intensity interval training (HIIT), circuit training, and compound exercises that target multiple muscle groups simultaneously can help you get the most out of your workouts in a shorter amount of time.

By focusing on quality over quantity, you can achieve effective results without sacrificing precious moments with your family.

***High-intensity interval training (HIIT) has been demonstrated to be a time-efficient strategy for inducing fat loss, potentially due to its ability to increase post-exercise energy expenditure and fat oxidation, as well as improve metabolic flexibility and insulin sensitivity.\****

So ask yourself, what's the true cost of a 24/7 gym membership?

Your **time** is valuable, if you motivate yourself to visit the 24/7 gym the idea how much of the time do you spend **wondering what to do?**

**Save your energy** for your workout and find a gym that programs effectively so you get the most out of your session.

\*(Keating, S. E., Johnson, N. A., Mielke, G. I., & Coombes, J. S. (2017)

## **Part Three: Start Slow and Listen to Your Body**

Ease back into exercise gradually to prevent injury and avoid burnout.

Find a coach or studio which has the time to properly assist you in adapting movements where required. Joining large gyms where you're just a face in the crowd, or unsupervised 24/7 gyms will result in less effective training, as well as potentially increasing your risk of injury.

Pay attention to how your body responds to exercise and don't push yourself too hard too soon. Remember, consistency is key, so focus on building sustainable habits over time.

## **Part Four: Find Support and Accountability**

Enlist the support of friends, family, or a workout buddy to help you stay motivated and accountable.

Whether it's joining a group fitness class, hiring a personal trainer, or participating in online communities, surrounding yourself with like-minded individuals can provide encouragement, advice, and a sense of camaraderie as you work towards your fitness goals.

Additionally, don't hesitate to ask for help or seek guidance from fitness professionals to ensure you're exercising safely and effectively.

# Part Five: Prioritise Self-Care and Recovery

As a parent, it's **essential to prioritize self-care and recovery** to maintain your physical and mental well-being.

Make sure to incorporate rest days into your workout schedule to allow your body to recover and prevent overtraining.

Focus on nourishing your body with a balanced diet, staying hydrated, and getting enough sleep each night.

Don't forget to celebrate your progress along the way and be kind to yourself, recognizing that consistency and perseverance are key to long-term success

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CLUB**

GROW STRONG

If you're ready to work towards your goals in a safe, supportive and high-quality fitness setting please get in touch using the links below

**Book a Call**

**[www.gardenhardclub.com](http://www.gardenhardclub.com)**