



## **Recess & Results “MOM-ME” Workshop Outline + Objectives**

**MOM-ME** is a Recess & Results program designed by moms, for moms with babies ages 3 months – 1 year (non-walking). MOM-ME is a low intensity, “baby wearing” wellness program that helps a new mother embrace all motherhood hands her through faith, fitness, and fellowship.

MOM-ME is more than a workout. It is an opportunity to nurture a mother’s Christian faith while building healthy bodies, spirits, and friendships! Every session includes RR’s exclusive “worship walk”, simple exercises moms will also learn to do at home, shared “mom-ents”, wellness education, baby playtime, and prayer. MOM-ME is about honoring God through this journey of motherhood, enhancing overall wellness, and building relationships with other supportive moms who are sharing this amazing season of life. *“It takes a village, come meet yours”*

**MOM-ME** is led by Recess & Results owners that have successfully completed the RR MOM-ME workshop + certification exam. Workshop objectives, outline, and required readings are outlined below.

### **Objectives:**

- Define the benefits and risks of postpartum exercise
- Learn basic exercise program guidelines for the postpartum mother
- Acknowledge key contraindications for postpartum exercise and factors that warrant stopping activity immediately
- Understand the benefits and important do’s + don’ts of babywearing
- Become skilled in the Recess & Results MOM-ME format and feel confident leading MOM-ME sessions
- Identify action steps for adding MOM-ME sessions to your RR business

### **Workshop Outline:**

- I. Introduction to MOM-ME
- II. Pregnancy overview: Impacts + changes to the body
- III. Postnatal overview: Impacts + changes to the body
- IV. Postnatal exercise: Risks + Benefits
- V. Postnatal exercise guidelines
- VI. MOM-ME Program overview + Curriculum breakdown
- VII. MOM-ME approved exercises
- VIII. Post-natal nutrition introduction
- IX. MOM-ME Business Operations
- X. Marketing MOM-ME



## MOM-ME Required Readings

### Exercise:

<http://www.acog.org/Patients/FAQs/Exercise-After-Pregnancy>

<https://www.acefitness.org/blog/3664/considerations-for-training-the-pre-and-postnatal>

<http://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/exercise-after-pregnancy/art-20044596>

<http://www.idealife.com/fitness-library/pregnancy-and-postpartum-exercise-0>

[http://journals.lww.com/acsm-healthfitness/Fulltext/2014/11000/Postpartum\\_Exercise.3.aspx](http://journals.lww.com/acsm-healthfitness/Fulltext/2014/11000/Postpartum_Exercise.3.aspx)

“Exercise During Pregnancy and Post-Partum: <http://www.acsm.org/docs/default-source/fit-society-page/acsm-fsp-16-3.pdf?sfvrsn=0>

### Nutrition:

<http://www.cpmc.org/services/pregnancy/information/postpartum-nutrition.html>

<http://www.arhp.org/publications-and-resources/quick-reference-guide-for-clinicians/postpartum-counseling/diet>

<http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/breastfeeding-nutrition/art-20046912?pg=1>

### Hormones + Emotional Changes:

<http://www.whattoexpect.com/pregnancy/pregnancy-health/pregnancy-hormones.aspx>

<http://www.parents.com/pregnancy/my-body/postpartum/common-postpartum-body-changes/>

### Baby Wearing:

<https://www.mamanatural.com/babywearing/>

<https://www.askdrsears.com/topics/health-concerns/fussy-baby/baby-wearing/benefits-babywearing>

<https://bwi.mystagingwebsite.com/what-is-babywearing/babywearing-resources/benefits-of-babywearing-2/>

<https://theecofriendlyfamily.com/babywearing-why-forward-facing-isnt-for-you/>