

# Buggyfit

## Sherwood Forest District



### 1. Protected Characteristic category

Pregnancy and maternity

### 2. Partner organisations

Sherwood Forest District Community Ranger, in partnership with Buggyfit

### 3. Project title and details of Initiative

Engage with postnatal mums wanting to lose their pregnancy weight and improve their level of fitness.

Buggyfit provides an outdoor aerobics programme for mum's past their 6-week postnatal check. Babies come along in their buggy for carefully structured warm-ups, forest walks and aerobic exercises, designed for fat burning and muscle toning, gradually building up mum's fitness without leaving their youngster behind.

Although the Forestry Commission (FC) receives visits from families of all ages and abilities it was evident they were rarely visited by new mums until they were confident enough with their own fitness and newborn. It was decided, after research into the Buggyfit franchise, to put 2-3 rangers through gym instructor training followed by 'Buggyfit' training. As a result, Sherwood Forest District can now lead their own programmes.

### 4. Initiative/Project aims and background

Advertising through the Buggyfit franchise, local children's centres, health visitors, on-site and web publicity, provides a constant stream of participants. The programme receives a natural turnover of mums; often when they return to work, they can no longer attend.

Women have also gone on to form social groups from the programme and now meet regularly to lead their own walks with a cuppa in the café afterwards.

Since the launch of the scheme several years ago, as well as Sherwood Forest Park, the FC has rolled out the programme to Community Woodlands and other Forest Districts. To find out if a Buggyfit programme operates in your area you should contact your [local area office](#).

### 5. Future plans

Continue with the Buggyfit the programme.