

Baby Boot Camp has 'em nappy

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AT first glance it looks like a typical boot camp at Burtleigh with women sweating it out during weight training at The Esplanade.

But look closer and you'll see their weights have arms, legs and smiles.

This is Baby Boot Camp.

The postnatal fitness classes burst on to the Gold Coast scene late last year when founder Kate Beeley created the six-week course after realising how difficult it was for new mums to fit in their exercise needs after having a baby.

"After I had my second child I researched what was available for new mums and couldn't find a challenging workout that didn't require joining a gym and putting your baby into a gym creche," she said.

"One day I was running and pushing the pram when the idea to create Baby Boot Camp came to me."

Personal trainer Hiedi Ströhschön, who runs the course, said mums incorporated their babies into exercise drills.

"It's a very tailored program where mums are rewarded with points throughout the course," she said.

Southport mum Katie Cant finished her first six-week course last week and has just started another.

"I lost about two inches around my waist," she said. "My aim is to get back to my pre-baby body but this course has also given me more energy and helped me make friends with other mothers."



Nicole Dolso and baby Levi, 6 months, do exercises from Baby Boot Camp

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