

Shop n' Stroll™ Frequently Asked Questions

Runners and Booties Fitness offers indoor fitness classes designed especially for mom and baby. We know all about the joys that come with being a new mom. So instead of being concerned about child care while you workout, our exercise programs are designed to include baby.

In order to take part in Shop n' Stroll Class you must 1) complete the online registration form on the [website](#) 2) complete and print the health waiver form and bring to your first class. If you are unable to print the form your instructor should have copies available.

Location: Willowbrook Shopping Centre
Meet: In front of Sportchek
Day: Tuesdays & Fridays
Time: 9:30am – 10:30am
Register: Online
Sponsored by: Willowbrook Shopping Centre
Cost: By Donation to Basic for Babies

How do these classes differ from other exercise programs?

Shop n' Stroll classes are designed to specially suit the special needs of new mothers and appeal to those of varying fitness levels. There is a combination of stretching, body toning, strength training and powerwalking. Best of all it is within a fun, interactive and supportive environment so no need to be concerned if your baby/child needs attention during the class. Shop n' Stroll™ is a low to moderate fitness class and participants are encouraged to workout at an exercise level comfortable for them.

How old should my baby/child be?

Your baby can attend class anywhere from 6 weeks old and up. If your baby is younger than 6 weeks of age you must check with your Doctor or Midwife before participating in any physical activity. Generally, if your baby/child is content in a moving stroller for 45 minutes, you can participate in the class. Current age range is 6 weeks to 2 years.

How does my baby/child fit in?

For babies and older children there are loads of visual and auditory stimulation through interactive songs and activities during the class. If baby/child fusses during the program there is no need to worry as the program is modified to accommodate both mom and baby/child. The instructor will have toys on hand to help occupy baby/child if needed.

Where are classes held?

Classes are held indoors at your local shopping centre during the early morning hours. Please arrive 5-10 minutes before the start of class.

Who teaches the classes?

All classes are taught by a RB fitness instructor specializing in Shop n' Shop program, who also has training in First Aid and CPR.

What should I wear and bring?

It is highly recommended that you wear running shoes and a supportive bra if needed, and dress yourself and your baby/child for the elements (air conditioning). It is recommended that you bring a bottle of water for yourself and anything that you will need for your baby/child during the hour long class.

To participate you will need a jogger or convertible stroller. Please do not bring a collapsible umbrella stroller, as the handlebars are often too short for most of the exercises done in the class. Mall strollers are not permitted for use. All the exercise is provided and available for purchase if you so choose.

In the occurrence that baby begins to fuss participants are welcome to move baby to an over the shoulder carrier. It is important that all equipment be in working condition i.e. stroller brakes work and you are able to securely position baby/child with appropriate security mechanisms.

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____

WITNESS _____

or GUARDIAN (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

