

# The Palm Beach Post - March 9, 2006

Parent Review- %Burton wisely designed 10-minute, 15-minute and 20 minute workouts to squeeze into all that dashing around. And amazingly enough they do fit in, somehow.+

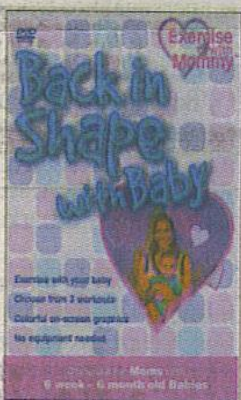
## THE PARENT PANEL

She tried it. Should you buy it?

**Parent Panelist:** Elizabeth Clarke, Lake Worth, mom to Isabel, 3, and Michael, 5 months

**What she tried:** *Back in Shape with Baby* exercise DVD.

Designed for moms with babies 6 weeks to 6 months old, it's the first in a series of six (for moms with children of varying ages) created by Amy Burton, a mom in St. Petersburg who's a certified personal trainer



with additional training in pre- and post-natal fitness.

**Claim:** "The goal is to allow mothers to fit a workout into their daily schedule, spend quality time with their children and teach children that exercise is fun. When you begin incorporating fitness into your child's life at an early age, you create the foundation for a lifetime of good exercise habits.

"Offers three, short, low-impact workouts of varying levels of difficulty, so you choose the one that fits your schedule and fitness level. All workouts include great ways for Mom to interact with baby, graphic animation to help stimulate baby, exercises that utilize baby as weight, and techniques to keep baby happy during workout. Workouts are designed to strengthen areas affected by pregnancy and childbirth and help you lose weight."

**Cost:** \$19.95 plus \$2 shipping and handling

**To order:**  
[www.exercisewithmommy.com](http://www.exercisewithmommy.com)

## DVD helps new moms work in a workout. Really.

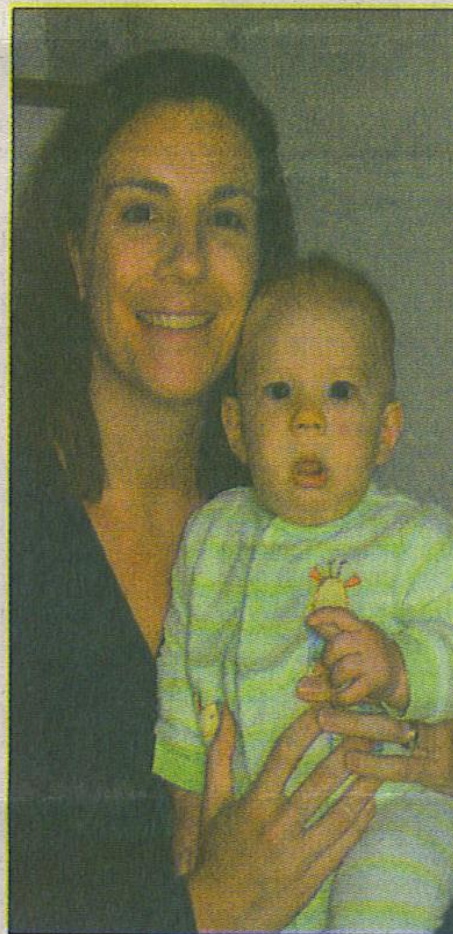
Before I even tried this DVD, my editor and I joked that it's a great concept, if only it came packaged with an extra hour of time so moms could really do it!

*Back in Shape with Baby* creator Amy Burton has a 5-year-old son, and she obviously remembers life with an infant — those wickedly long days of dashing from one task to another and yet never seeming to complete a single chore, even one as simple as emptying the dishwasher.

Burton wisely designed 10-minute, 15-minute and 20-minute workouts to squeeze into all that dashing around. And amazingly enough, they actually do fit in, somehow. I just left it in the DVD player and managed to hit play and do at least one workout four days in a week, without thinking too much about it.

Now, doing these brief workouts will not turn any exhausted new mom into a muscled hot mama. But they will get you sweating a little, strengthen some muscles (emphasizing abs and legs) and give you ideas for burning calories and getting stronger while hanging around the playground or the kitchen. (Squats with a 19-pound baby really works those thighs, and I can do them anywhere. Lucky me!)

Meanwhile, the on-screen graphics, designed to occupy a 6-week to 6-month-old baby, are simple and interesting, although they don't really seem necessary for an infant. The better news is that the DVD also intrigued my 3-year-old, making it even easier for me to work in a workout. Isabel



At 19 pounds, baby Michael makes a convenient weight for Elizabeth Clarke's quick workouts.

eagerly joined in with her "baby" Felix while I held baby Michael.

I'd recommend this DVD, even though — like most baby gear — its period of usefulness is short.

But just like the perfect bouncy seat or nursing pillow, when you need it, you really need it.