



Pregnant women work out right up until their due date with non-vigorous exercises that prepare them for an easy and comfortable birth. Instructor Gail Greenfield is at far right.

Keeping in shape

For new and about-to-be mothers

By LORAINE McCLISH

THE SVELTE Farmington Hills resident is a good advertisement for her own keep-fit philosophy. She studied classical ballet, then child psychology, then dance therapy. She takes from each of these studies to form her pro-

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The women in Gail Greenfield's classes in the Jewish Community Center run through their exercises so smoothly that a passerby might easily mistake them for a dance troupe.

The motions are not choreographed, but they are done to music and they have all been designed by the instruct specifically for mothers-to-be and those who have just had a new baby.

"The prenatal exercises are made up into a non-vigorous routine geared to wards a healthy and flexible pregnancy. The woman is much better fit for he labor process and she enters the hospital knowing this, with a sense of caim," Ms. Greenfield said.

The pregnant women work out right years the content of the content at most. How are back two months after delivery for another series of excretises with their bables.

"It's the best feedback an instructor could have, seeing them come back with their infants," Ms. Greenfield said.

"No. Maybe better is when they come back pregnant with their second child." gram for new mothers.

A portion of her dance-therapy cur-riculum concerns effort-shape analysis; effort as related to behavior patterns, "Psychologists who have worked ex-tensively in this area contend that many motor and emotional problems in small children can be traced to the woman's moodiness, teltargy and lack of physical activity during pregnancy," see said.

THERE IS NO baby sitter in Ms. Greenfield's postnatal classes. Infants from 2-3 months old are wheeled or carried into the exercise room by their mothers in leotards, then placed on blankets or infant seats on one side of

"It's their first experience with their peers." Ms. Greenfield said. "Their atjention time is stretched and it is amazing how quickly they become adapted to this 45-minute period. After two or three sessions they are content to stare at one another or steal a toy from some other baby's blanket."

Bringing the baby into the exercise room is part of Ms. Greenfield's pro-gram. Mothers work out for the first part of the period, then bring their ba-bies into the act for exercises together.

"The concentration here is on leg and abdominal work for the mother. It gives time for mother and baby to do something together just by themselves.

"My mothers get themselves back into shape quickly and they don't suffer from postpartum blues," she said.

THE JEWISH Community Center, at 6600 West Maple Road in West Bloom-field, offers several programs for the new mother through its physical-educa-tion department.

In addition to the prenatal and post-natal exercise classes, the winter agen-da will include natural childbirth (Lamaze) classes, and a prenatal semi-nar on different aspects of pregnancy, delivery and baby care.

Ms. Greenfield's next sessions will begin the week of Dec. 1.





The balancing act performed by Nancy Lefkowitz specially devised for both mother and infant by and her four-month-old daughter Dana is exercise structor Gail Greenfield (center).

Registration information will be giv-en by calling the center's physical-edu-cation department, 661-1000, ext. 180.

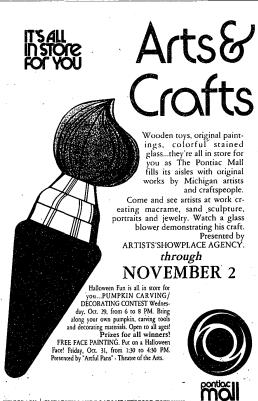
Staff photos by Randy Borst



Michele Samson's infant is content to watch other bables, just a few feet away from their mothers, off to one side of the exercise room. The instructor is adamant that women who exercise after the birth of their baby do not suffer from post-partum blues.



Gail Greenfield studied classical ballet, Gail Greenfield studied classical ballet, child psychology and dance therapy. She takes from each of these disciplines to devise her fitness program for about-to-be and new mothers. The next session of classes begins the week of Dec. 1 in Jewish Community Cen-ter.



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