
How to get back to my stamina??

Posted by marian - 2008/01/23 02:03

After child birth ,how can i regain my stamina?

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Re:How to get back to my stamina??

Posted by sarah - 2008/01/23 11:34

hi,
i think you may get back to slight exercise slowly like swimming ,walking, aerobics...

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Re:How to get back to my stamina??

Posted by julia - 2008/01/29 08:07

Walking,jogging,bicycling,swimming all these exercises are good

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