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Beating the Baby Blues

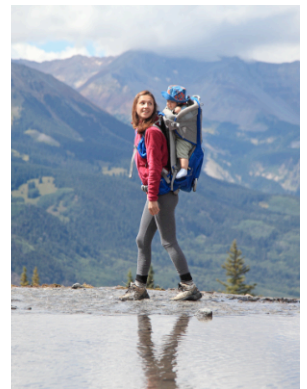
Featuring: Poco Premium

Monthly Traffic: 44,900

URL: <http://tinyurl.com/ooqn5lv>

Beating The Baby Blues

I am by no means one of those women who has a baby and a month later bounces right back into my skinny jeans. For most women, having a baby is traumatic and hard (and of course rewarding) on many levels. But one of the most challenging things about having a baby, is how you feel physically after giving birth. Among the hormonal meltdowns, multiple nighttime feedings, and minimal hours of sleep, the whole issue of not being capable of as much activity as you are accustomed to, is at best daunting. Yes, some women float through pregnancy still running 6 or more miles a day with no problem, but the majority of women do not, and nothing can make you feel more out of shape than trying to hike Mt. Sanitas postpartum while being lapped by a pregnant lady. Good grief Boulder, gimme a break! In a town that is one of the most active in the country, it is crucial to remember a few things when striving for your post-baby goals: be kind to yourself, ease into it, and be consistent. Those tips along with the following gear will make your transition back to an active lifestyle, easy, fun, and totally doable.



For more adventurous outings, I highly recommend the **Osprey Poco Premium Pack**. Osprey is known for their suspension technology that allows for maximum weight and maximum comfort and this pack is no exception. This baby carrier is comfortable, flexible, and versatile and will surely meet the many combinations of outdoor needs that come with introducing your babe to the wilderness. One of the challenges in having a little one is how fast they grow (and thus grow out of everything), so finding a piece of gear that can last a few seasons is a huge plus and the Poco Premium is the kind of pack that can grow with your child. The pack is adjustable for both the child and adult and can hold roughly 50 lbs of gear and child combined. It has a day pack included which is a huge plus for overnight backpacking adventures and also has a changing pad and sun shade, along with with some other features that are attractive to parents of mini adventurers. \$300; ospreypacks.com

