



Memorandum

#10-081

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: June 18, 2010

SUBJECT: **Get Your Groove on Mama, DVD and lessons for Postpartum Moms**

Get Your Groove on Mama (bilingual) is a new physical activity and nutrition DVD for postpartum moms. It includes 10, 20 and 30 minute exercise options. The 20 and 30 minute extended versions include exercises moms can do with their babies. There is also a separate yoga segment to help moms relax. In addition, the DVD includes delicious recipes and fitness tips to help mom bounce back after pregnancy.

There is a group class option and a take-home lesson option that accompany this video. Both lesson plans focus on helping mom increase her level of physical activity. Use these materials as a nutrition education option for both postpartum and breastfeeding women on the WIC program. Please give a DVD to each woman that attends the group class or is given a self-paced take-home lesson.

Ordering and Shipping Information:

- ***Get Your Groove on Mama* DVD, Stock no. DV0421** - Local agencies that pre-ordered this DVD should have already received their order. Whether or not a preorder was submitted, all local agencies can now order this DVD; fax a completed *Texas WIC Materials Order Form* to the Publications Coordinator at (512) 341-4522. Please feel free to order a quantity sufficient to cover all your postpartum and breastfeeding participants.
- ***Get Your Groove on Mama* Lesson Plans, PN-000-08 (group class lesson) and SP-000-30 (self paced take-home lesson)** – Both lesson plans will be mailed to all local agencies on or before Friday, July 2, 2010.

If you would like to add this lesson to your current *Nutrition Education Class Schedule*, please make the change to your online *Nutrition Education Plan* or contact your Nutrition Education Liaison for more information.

If you have questions or require additional information, please contact Shellie Shores, Nutrition Education Coordinator, at (512) 341-4516 or Shellie.Shores@dshs.state.tx.us.