

A woman with postpartum depression may find relief if she pushes her baby in a stroller accompanied by other moms and infants. Australian researchers found that among new moms who'd been diagnosed with depression, those who completed a 12-week stroller-walking class showed fewer symptoms than those in a mom-baby play group that didn't involve exercise.

The scientists concluded that gaining fitness through the sociability of stroller walking may be a more effective treatment for depression than joining a sedentary new mother support group.

*–Amanda Vogel, International Journal of Nursing Practices.*