Amanda Kloots - Jump with your Bump

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IN THIS EPISODE

Celebrity fitness trainer and former Radio City Rockette Amanda Kloots joins Dr. Elliot Berlin, DC to talk about creating her AK! workouts — jump rope, dance, body and baby bump. She shares her path from Kenton, Ohio to Broadway and the Rockettes, how she built her own fitness business, teaching and working out through pregnancy with her AK Baby Bump classes, getting back to fitness after baby, and her pregnancy and birth story.

About this transcript: *This transcript was created with AI-assisted transcription and reviewed by our team. It may not be 100% accurate — names, medical terms, and phrasing can occasionally be mis-transcribed. For exact wording, please listen to the episode audio.*

DR. ELLIOT BERLIN, DC: Welcome to the informed pregnancy and parenting podcast I'm your host Dr. Elliott Berlin and my guest today is a celebrity fitness trainer and creator of the famed AK workouts These workouts utilize rope dance body and baby bump She took her experience from years of performing on Broadway and with the Radio City Rockettes to create and launch the one-of-a-kind workout craze AK Oh and she just became a mom to Amanda Clutes, welcome to the podcast. Thank you for having me and you brought Elvis. I did. Yes He's right next door in the sound booth. You can hear him So first of all, as always your energy walked into the room about eight minutes before you got here

DR. ELLIOT BERLIN, DC: You have big energy. You remind me of a nuclear powered submarine. I think you can go for nine years without refueling I need to know everything you have such an interesting history and an interesting present and an interesting future I'm sure and I want to talk about everything Broadway Rockettes AK with an exclamation point. Yeah Pregnancy birth postpartum. So let's jump right in. Where are you from? Kenton, Ohio originally. Ah, you're the one What was it growing up in Ohio like it was fantastic, you know

AMANDA KLOOTS: I only wish I could give that same experience to Elvis I lived in a beautiful neighborhood with lots of trees and we walked to school which was down the street next to the Dairy Queen and my family's sort of like the Brady Bunch and it's just you know It was kind of the best thing ever Brady Bunch and how many of you are there? There's five of us total one boy four girls and my

and my mom dad. Oh, wow. Where'd your brother? Where'd he go to the bathroom? He was the first born and then the four girls came out. Oh, wow Which one are you I was second to last and then my mom had a baby at 40 unexpected My little sister is seven years younger than me

AMANDA KLOOTS: And you know at the time that was 1988 that she got pregnant women, you know getting pregnant at 40 was like You know, it's very scary You know now it's the norm, but at that time it wasn't back in the day back in Ohio

DR. ELLIOT BERLIN, DC: So when did you leave Ohio?

AMANDA KLOOTS: I left when I was 18 to move to New York to pursue my dream of dancing on Broadway and then being a Radio City Rockette. Did you study dance as a kid? Yes. I started studying dance at 10 years old I went to a performing arts middle school and Fell in love with dance. So I kind of started late You know most little girls start ballet at age two or three and I was 10 and fell in love with it immediately

DR. ELLIOT BERLIN, DC: Listen, so when you get into a 10 and they have like seven years experience on you is that not intimidating?

AMANDA KLOOTS: No, you know, I think cuz I was at a school I was at a middle school where everyone kind of was starting at that age So it didn't seem like I was behind so it was okay. When were you exposed to the Rockettes? My dad took our whole family to see the Easter show, which doesn't exist anymore when I was 12 I think and that's kind of when I fell in love with the Rockettes So you've been dancing for a couple years. Yes by then. Yes, and you're also tall. Yes. How tall are you? I'm 5'11. That's tall. That's tall. Were you always tall? I had a huge growth spurt my summer of my eighth grade year and then also again when I was 21 I grew two inches. Oh, really? I know isn't that weird? Hmm doesn't happen very often now

DR. ELLIOT BERLIN, DC: Yeah, you're two inches at 21. That's pretty interesting. So So at 18 you just said, I'm going to New York, I've got to be with these Rockettes.

AMANDA KLOOTS: At 18 I said to my dad, I really want to go to this musical theater conservatory in New York City instead of Rio College. And he said, why don't you apply for Rio College too? Rio College. Rio College. And do a four-year undergrad program at a school in Ohio that had a really good theater program. It was in Dayton. So like a little compromise.

DR. ELLIOT BERLIN, DC: Yes.

AMANDA KLOOTS: Well you said no. And I said, I will audition there and I'll see if I can get in and then I want to audition at these other schools. And I got into this conservatory in New York called AMDA and I really had to fight for it actually. I mean, I was again the fourth kid going off to college, my brother and my sisters all went to undergrad, Miami University and Ohio University and did very normal things. And here I was 18 saying I want to move to New York and dance on Broadway. So they finally gave in and my dad said, I will 100% support you for these two years but know that these two years equals the same amount of money that I spent on your brother and your sisters for a four-year degree.

AMANDA KLOOTS: So after these two years, Amanda, you are you're on your own. And so I was like, deal. And luckily it worked out.

DR. ELLIOT BERLIN, DC: How did it work out? First of all, how was AMDA?

AMANDA KLOOTS: AMDA was fantastic.

DR. ELLIOT BERLIN, DC: So you thought it was going to be?

AMANDA KLOOTS: Yeah, actually it was exactly what I needed too. It's a two-year conservatory. We focus on dancing and acting every single day. And it really helped to round me out because again, I was a dancer and so then I really needed the acting training and the singing training. And they really kind of helped me encompass all three areas of becoming a triple threat. And I booked my first Broadway national tour two days before I graduated.

DR. ELLIOT BERLIN, DC: For what kind of thing?

AMANDA KLOOTS: For the national tour of 42nd Street, which had just revived on Broadway and they were taking it out on the road.

DR. ELLIOT BERLIN, DC: Acting, singing and dancing. Yep. And how was that? So you traveled around?

AMANDA KLOOTS: I traveled around the country for a year and a half. And then during that tour booked the Rockettes. So then I did the Rockettes my first year that Christmas.

DR. ELLIOT BERLIN, DC: Wow. You auditioned for the Rockettes?

AMANDA KLOOTS: Yes. Okay. Yes. A very intense audition. At my audition, I think there were around a thousand girls and they needed 12. Wow.

DR. ELLIOT BERLIN, DC: Yeah. So it's very, very, very competitive.

AMANDA KLOOTS: Like a lottery.

DR. ELLIOT BERLIN, DC: Yes.

AMANDA KLOOTS: Yeah.

DR. ELLIOT BERLIN, DC: And what was that moment like when you found out you got it?

AMANDA KLOOTS: It was actually funny because I got the call at LAX Airport and when we got off the plane for this trip here to New York, I was holding Elvis and I was walking down the same ramp that I got the call from Radio City and I said to my husband, I was like, we're going to stop right here. I was like, this is where I found out I was a Radio City Rockette. And he was like, really? And I was like, yep, I got the phone call right here as I was coming off the plane from the auditions.

DR. ELLIOT BERLIN, DC: Oh wow. That's so cool. Yeah. And was it everything you thought it was going to be?

AMANDA KLOOTS: It was actually. I met some of my best friends. It was harder, possibly the hardest job I've ever had. It looks so easy. Performing. And it's so fun. I mean, to say you get to go to work at Radio City Music Hall every day is pretty cool.

DR. ELLIOT BERLIN, DC: That's very cool. Yeah, very cool. I don't think I could be a Rockette, but for many reasons. You're tall enough. I know, but I don't think I could smile that long. It's the smile.

AMANDA KLOOTS: Yeah. And it's the perfection. I mean, you literally have to be a drill sergeant. You don't stick out at the Rockettes. Broadway, you're able to have your own character and your own things that you get to create, and Rockettes is very much like you are one of 36 in a line. You have to be identical.

DR. ELLIOT BERLIN, DC: During all this time, what do you do to keep yourself healthy? Because travel is rigorous.

AMANDA KLOOTS: Oh gosh. You mean with when you're doing Rockettes or in general?

DR. ELLIOT BERLIN, DC: Both. Traveling with Broadway and then...

AMANDA KLOOTS: Oh, okay. So with the Rockettes, it's mostly just about sleep, because you're doing up to five or sometimes six shows a day at the time that I was a Rockette. Now they only have four show days, but I was doing five and six shows. So basically it's just sleeping and then keeping your body as healthy as possible. Make sure you're eating enough, getting massages on your day off, icing your whole body in between shows and after the show just to recover. And it's like, you know, just keeping that. And then when you're on tour with a Broadway show, it's basically the same thing. Just kind of like stay in shape and staying healthy.

DR. ELLIOT BERLIN, DC: Do you miss those two things?

AMANDA KLOOTS: No, I don't actually. I'm very happy with my new career.

DR. ELLIOT BERLIN, DC: You would check them off and move on? Yeah. Yeah. So how did you get into what you do now? Now you do fitness. Well, I do fitness. AK. AK. It took me at least six minutes to figure out what AK stands for, and I'm like, oh! I know, right? Because in chiropractic, it's applied kinesiology.

AMANDA KLOOTS: Oh, okay. Gotcha.

DR. ELLIOT BERLIN, DC: I'm like, oh, it must be something long and scientific.

AMANDA KLOOTS: And I like that you said it right, it's AK. It's like, oh! Yeah, exactly. I found fitness because I was, you know, Broadway, you're very up and down. I always say it's a roller coaster of a career because you're in a show and then it gets canceled and then. out of work. So you're at the high and then the next day you're literally at the bottom of the hill. And it's fine and it's just kind of your way of life. You get very used to it. And then you are in your 30s and you are kind of like, you know, gosh I want a home one day and I want some consistency in my life and I want to start calling a little bit of the shots. I'm so sick of, you know, constantly putting myself out there and getting told no. And you know when

AMANDA KLOOTS: you're in your 20s and you're sharing an apartment and there's four people in a studio, you're okay because you're like, yeah it doesn't matter, like I'm on unemployment, it's fine. And then when you're in your 30s you're like, unemployment's not okay and geez this is really hard. And I like to have some consistency and call my own shots. So I found fitness as a kind of through line that I had income while shows were going in and out of my life. And then I just fell in love with teaching and I fell in love with working with people and helping them achieve their goals. And I just loved fitness. So as a dancer you're always kind of doing fitness anyway as part of what you do.

DR. ELLIOT BERLIN, DC: But were you doing other things for fitness as well besides your dance?

AMANDA KLOOTS: Yes, yes I was because I love the gym and I love fitness classes. So I was that person that would go take ballet class and then also go take a fitness class and then go do my show

DR. ELLIOT BERLIN, DC: at night. Yeah, that's almost like me. I mean no because it would be I would have lunch then have a little snack then have something to eat and then have another lunch. Right, there you go. But you did it on the fitness side. So it was in your 30s that you kind of moved away?

AMANDA KLOOTS: Yeah, well I was going through a bit of a time. I was married to someone else and we were going through a divorce unexpectedly and my Broadway show I was in was also closing and it was slated to be the next big Broadway show and it closed really suddenly. So I was 32, my Broadway show was closing, I was going through a divorce and I didn't have any work and I was teaching fitness at a studio but in order to make enough money I couldn't teach more at that studio to survive. So I was kind of at a cross point in my life where I was needing my own thing to make myself feel better about losing my husband and losing my marriage and then I needed to kind of feel more confident about my career because my Broadway show

AMANDA KLOOTS: had been slated to close and so I was kind of distressed about work and so I was like, you know what, I'm just going to take a big chance and start my own business.

DR. ELLIOT BERLIN, DC: Well and how many years ago was that?

AMANDA KLOOTS: That was four years ago.

DR. ELLIOT BERLIN, DC: Oh wow and you've come a really long way.

AMANDA KLOOTS: Yeah, I have. I'm pretty proud to say that.

DR. ELLIOT BERLIN, DC: I want to learn a lot more about your method and then also about your pregnancy and birth and what motherhood has been like for you. Yeah. But we got to take a quick break. All right. We're going to be right back with AK, Amanda Klutz, don't go anywhere. Welcome back to the Informed Pregnancy Podcast. We're talking to Amanda Klutz, and I'm finding about the 8K workouts. Tell me what goes into an 8K workout. What makes it different?

AMANDA KLOOTS: Well, you know, the thing is, is I started my business based off of a jump rope workout that I created. I was teaching fitness at the time, and I fell in love with jumping rope because I read an article about how it burns more calories than running and swimming. And I hate running, and I hate swimming, but I really liked jumping rope.

DR. ELLIOT BERLIN, DC: Now we have something in common.

AMANDA KLOOTS: I really like jumping rope, so I was like, great, I'm going to do some jump rope and I'm going to incorporate it in my private sessions with my clients. And I was training a client and she started jumping rope as the warm up, and I just looked at her and I was like, you know what, we're not going to put this thing down today. I want to see what I can create, how I can use this rope to do arms and legs and abs and cardio and see if I can make a whole hour out of it. And I did, and it was over, and she was like, Amanda, that was really hard. And I was like, I know, I think this could be a class. And so that's kind of how I launched my business, because I wanted to hit something that hadn't been touched yet.

AMANDA KLOOTS: Everybody knows what a jump rope is. Everybody probably had one when they were a young kid. And boxers use it, so it's really badass. You don't have a workout that you can use the jump rope to do everything with. And so I kind of found like a hole in this whole workout craze that hadn't been filled. And so that's kind of how I wanted to launch everything, because I knew that in a world where fitness is so saturated right now and boutique fitness is so saturated, I was like, what's my in? So I launched my jump rope class, AK Rope, and it was a slow start. There was one person in class, or maybe not even anyone. And I would come home and I would say to my now husband, I was like, I don't get it, this is good, why isn't it catching on?

AMANDA KLOOTS: And then slowly, as press started picking it up and people started coming, it took about eight months, and then my classes were completely sold out. So that was kind of the way I started my company. And then my whole dance background, I started my AK dance workout, which is just a bunch of, I say it's Jane Fonda meets Britney Spears backup dancer.

DR. ELLIOT BERLIN, DC: So perfect for you.

AMANDA KLOOTS: Yeah, yeah.

DR. ELLIOT BERLIN, DC: Yeah, I need to come. It's like you're describing it. Exactly how I would describe you.

AMANDA KLOOTS: And so that was just a blast, because I want to try to make women and men feel like they can be in a dance class where they can learn some fun moves and feel sassy, but also get an amazing cardio workout. And then from there, I also started my body workout, which is sort of like I decided to do what a private session would be, but in class form. So that was like how my business started and launched with those classes.

DR. ELLIOT BERLIN, DC: Yeah, I mean, your thing is fun. Like you are fun.

AMANDA KLOOTS: I try.

DR. ELLIOT BERLIN, DC: What I really hate about working out is it's not fun. It's so the opposite of fun for me. Right. And I look at your videos, like on Instagram, you post these amazing videos.

AMANDA KLOOTS: Oh, thank you.

DR. ELLIOT BERLIN, DC: There's a few things I know. Number one is you look fake. And do people tell you that? You look like a machine built to do that.

AMANDA KLOOTS: People say I look like I'm going to be really nice and it's going to be like a really easy workout. And then they're always surprised at how hard it is. Right.

DR. ELLIOT BERLIN, DC: Because you make it look so easy. Like the moves that you do are so flawless. And there's just like who moves like that. Well, here's the thing.

AMANDA KLOOTS: I think everyone can. And this is what I try to really focus in my classes and I teach. You know, today I was teaching my dance class and everyone was doing the legs, but they weren't doing the arms. And I stopped the class and I was like, you guys, imagine going to a ballet and the ballet dancers weren't using their arms. They did everything with their legs, but like they just were using their arms. I was like, you would look at that and you would think it would be odd. Right. I was like, I'm incorporating your arms so you can tone and work your upper body to like you have to use everything, like make yourself as big as you can, like use your space. And then they did it and everyone felt so much better. And I was like, guys, come on.

AMANDA KLOOTS: I mean, not only did you look better, but it feels better. And one of the girls came up after me and she was like, I was being shy, but like it does, it feels so much better to like really be full out in your dancing. I'm like, yeah. So it's just about being full out. Yeah.

DR. ELLIOT BERLIN, DC: I mean, you look like you're enjoying it.

AMANDA KLOOTS: I do, a hundred percent.

DR. ELLIOT BERLIN, DC: That comes through. Yeah. And then you just look like you're, you're so aware of like all the different parts. Like I understand your class when they started because I can focus on something, but it's like hard to focus on everything at the same time. And for you, it just seems so natural. All these different movements.

AMANDA KLOOTS: Well, thank you.

DR. ELLIOT BERLIN, DC: So it's inspiring. I kind of look at them like, maybe I could try something.

AMANDA KLOOTS: I also say I get a lot of people that are like I don't know I'm not a dancer I don't jump rope and I promise I take really good care of everyone that comes in my door. I mean it's it's workable Yeah, so it's like different fitness levels. No problem No, my classes are like from beginner to advanced. You can come

DR. ELLIOT BERLIN, DC: Can you only do your stuff in class or there are other ways to do it?

AMANDA KLOOTS: I have videos on my website that you can purchase so that if you are not in New York or LA You can definitely come or if I just want to be alone in my garage Yeah, if you want to be alone in your garage you can do it. That's where I can that's where I start everything

DR. ELLIOT BERLIN, DC: Okay, so in the intro I mentioned the rope and the dance, but then also baby bump. Yeah, let's talk about that

AMANDA KLOOTS: Sure. Okay, so I got pregnant and I was a little nervous Because I'm you know This fitness person and I have these fitness classes and I knew I wanted to relate to women that were pregnant Obviously because it's gonna be a huge part of my life for the next nine months So I got my prenatal and postnatal certification and I started the AK baby bump workouts and I taught Classes live and then I also put on my website I have first trimester second trimester third trimester workouts for a mom to follow if they were at home

DR. ELLIOT BERLIN, DC: You thought you did the classes while you were pregnant in those different trimesters. Yes. Yeah

AMANDA KLOOTS: Wow throughout the whole thing and then in the classes you can be at any trimester I would just make sure that I got a poll on which trimester people were in and then I Assisted each, you know If you're in your first trimester do it like this if you're in your second trimester do it like this if your third trimester You do it like this. So I made sure that my mommy's were taken care of. Yes Modifications. Yeah, but to be honest, I was so surprised at how much you can do when you're pregnant I was looking forward to the challenge and I definitely like took it head-on But I am just amazed by our bodies and I'm amazed at how much you can do if you're having a healthy safe

AMANDA KLOOTS: Pregnancy how much you can really get your body moving. I mean, it's kind of incredible what your body does in pregnancy Anyway, even if you're not moving. Yeah, I know it's so true

DR. ELLIOT BERLIN, DC: But then to also again go back to your videos like you look like you in your workout

AMANDA KLOOTS: Yeah, you know, I mean I taught up until 34 weeks 34 35 I can't remember and I was pretty much full out Except for I could do some of the ab exercise I would talk through but pretty much I was full out and could do everything

DR. ELLIOT BERLIN, DC: I mean you wouldn't do them because at the end of pregnancy, right you were talking about. Yeah I mean, did you find yourself having a harder time with breath or um things like that? Yes and no

AMANDA KLOOTS: I definitely had you know in my dance cardio class. I had my number one girl I would point to her whenever I kind of needed She would come into the center and sort of take over and I would kind of walk around for a second Yes, that definitely, you know third trimester that kicked in for sure I definitely felt a shift in third trimester where I had to take it down a notch

DR. ELLIOT BERLIN, DC: Do you think that these exercises these bump exercises could be done with sympathy man bumps?

AMANDA KLOOTS: Yeah

DR. ELLIOT BERLIN, DC: How about postpartum so after you had your baby, did you have ideas on how soon you wanted to get back into fitness?

AMANDA KLOOTS: Yeah, well I had a C-section Yeah, absolutely, so I had to wait that six weeks and during that six weeks I really did nothing I listened to my doctor. I just kind of hard for you, you

know, to be honest No, and I thought it might be but I really enjoyed it. I took it on as kind of like a blessing I kind of just was like, you know what when in my life have I been told to not work out? Yeah, and that it's okay. I'm still waiting You know and every day I was just kind of like, you know what this is kind of nice It's nice to just you know, go on a walk and recover and just let my body heal I took it as a I can't find the word right now that I'm looking for but I just kind of let it sink in

DR. ELLIOT BERLIN, DC: And then once you started back to the just come right back to you or it did ironically

AMANDA KLOOTS: Yes, it did come back to me, but I slowly got back in once I was cleared I started with like very slow yoga for mostly just the stretch and just kind of being back in like a class atmosphere and then I Did more like kind of faster walking and then I started jumping again with my jump rope like tried to just you know Get back into my 10 minutes a day kind of thing that I was doing and Feel back like you're Yeah, eight weeks of working out. No, I would say the six week to work out so two weeks Yeah, I was two weeks. I was back. Yeah not with ab stuff with my cardio and Stamina and I mean my stamina was not where it was before pre-pregnancy That's for sure and my body wasn't either but I was back teaching feeling great

DR. ELLIOT BERLIN, DC: Yeah, it's also different because you're taking care of a newborn. Yes. Yeah, so, you know, there's only so much you can do because you're yeah Oh, yeah, for sure. You're using your body in lots of other ways now. Yeah I want to find out about your pregnancy and birth, but we're gonna take another quick break. Okay We'll be right back with Amanda Clutes Welcome back to the informed pregnancy podcast. We're talking to Amanda Clutes. I'm so curious about your pregnancy. That's when I met you Yep. I got to see you like twice while you were flying around the country. Yeah, and tell me about it How was pregnancy for you? Pregnancy was pretty great. I'll have to say How'd you find out you were pregnant? I

AMANDA KLOOTS: Took a test. Oh, that's the way And you passed and I passed, you know I just had a weird feeling as most women will say and took a test and it was positive So we were like, okay. Oh my gosh, I guess we're doing this

DR. ELLIOT BERLIN, DC: Were you expecting that you might be pregnant or just we had been trying? Okay

AMANDA KLOOTS: And I don't know. I had a weird feeling that like I'm gonna take this test. It's gonna be positive How did you tell? Oh, we were in the bathroom together So that way yeah, yeah And it was it came back positive But it was a test that I had gotten in Italy over the summer And so I was like you need to go get another like this could be like, you know, I don't know Italians Maybe they don't know what they're doing. You don't trust international pregnancy tests Yeah, and he was like, I'm gonna go take the dogs for a walk. I was like, no, you're not You're gonna go to Dwayne Reid. You're gonna get another test and you're gonna come back here

DR. ELLIOT BERLIN, DC: And you passed the American test as well. And how are the different trimesters for you? They were really great

AMANDA KLOOTS: so first trimester I Really didn't get too nauseous until like the afternoon and I would get pretty tired and then I'd have to go teach At night, so that was kind of hard But I would

teach in the morning and I was okay and then three o'clock I would get tired and nauseous and then I would teach at night and I have to say the teaching at night It was so hard to get myself there, but it made me feel so much better. Oh once you would get moving Yes, yes And so I always tell women gosh if you're nauseous and you're so like, you know, can't get off the couch I hear you but what I can say helped me was getting off the couch and moving my body Not only did I feel better at the end of those workouts, but I would leave there going gosh

AMANDA KLOOTS: I'm really hungry now and I want something healthy instead of resorting to cheese and bread Which is what I wanted before I left the house. Maybe I'm pregnant

DR. ELLIOT BERLIN, DC: And then did you tell people right away that you were pregnant in your classes or no I waited until I was

AMANDA KLOOTS: 14 weeks pregnant when we announced. Yeah second try. How was that? I'm second trimester was great I felt like Wonder Woman. I loved it. I felt like my bump grew at a nice pace I had a lot of energy. I really enjoyed my second trimester. I was having a bump for you It was weird it was weird and not weird I guess Um, I liked it. I also you know, you're finding your way I think with the first ones and you don't start showing too much with your first one either So, you know, I kind of enjoyed extra true if you're tall. Yes. Yeah, I think that helps Yes, an extra true if you have abs of steel. Yes, and I was working out a lot So that helped but yes, I can try mister was pretty easy and other than like sleeping was hard

AMANDA KLOOTS: I remember like not being able to get comfortable and I lay on my back when I sleep a lot So and or on my right side, which they're like, you know lay on your left side So I remember second trimester I think the hardest thing was finding my sleep and like those pillows and wedge pillows and so many pillows Yes, so many pillows pregnancy is all about the pillow. Yes, and then third trimester third trimester Serious bump by this point. Yeah third trimester. I remember around 33 weeks it hitting me like okay This is getting tough. I'm tired my teaching schedule I went down to once a day whether it was one private a day or one class That was really all I could manage and then I would come home and just kind of like chill for the rest of the day

DR. ELLIOT BERLIN, DC: So when you're teaching three times a day, you're doing the workout three times a day. Yes. Wow. Yes Maybe that's what I need to do Does that at least I'm getting I'll do anything getting paid for it I competing workout Middle-aged dad Yeah, and then so you slow down a little bit and then when did you think about or did you think about birth? Like what you wanted there's so many choices. I assume in New York. It's similar to here You can you have home birth hospital birth birthing center birth birth I you haul truck on the side of the road whatever you want midwives doctors medicated and medicated surgical vaginal it goes on

AMANDA KLOOTS: Yeah, the whole time I thought about it actually and I would go in and out of what I would want. When I first got pregnant I was on my insurance through my business so I had to find all new doctors based on that insurance which was pretty bad. It was the insurance that I could afford through my business, really high co-pays. Luckily about halfway through I could get on my husband's insurance with SAG and then that kind of really helped change the game. Screen Actors Guild. Yeah, but at the same time now I was already with like this whole doctor's group. I was more than halfway into my pregnancy so at the time I was thinking oh gosh maybe I want to switch to a

midwife. I had this whole

AMANDA KLOOTS: midwife crisis around 38 weeks. You said midwife crisis. Midwife crisis because my doctor got pregnant and went on maternity leave and said she was coming back and then didn't come back because she was like never mind I don't want to come back I want to stay home with my baby and so I was in a practice of doctors where at 38 weeks I was gonna choose my doctor and that was like really hard and so that's where I had a midwife crisis where I was like maybe I want to actually just then switch to a midwife and do like a midwife route. The hospital I was with is one of the only New York hospitals that allows midwives to deliver. Oh so you can have a midwife at the hospital. Yes, so I was really

AMANDA KLOOTS: going through this whole battle within my head and my sister who was also pregnant who had already given birth was like you know what Amanda you're almost at 40 weeks you're almost done. I'm sorry I was 28 weeks when this midwife crisis was happening and she was like you're almost there you know she's like you have ten more weeks to go. You're almost at 40 weeks. She was like just stay with your doctors even though you haven't picked your doctor you've seen them all at least once pick one start seeing them for the last ten weeks and you'll be great and so that's the route I did and I did love my practice and all the doctors there and I don't regret doing that choice but that's what I did. Did you have a vision for birth although so

AMANDA KLOOTS: now in a hospital with a doctor? Yeah you know my vision for birth honestly was just going with the flow and listening to my body, listening to my baby. Yeah I know and trusting my doctor. Yeah I know I was not in the norm but I also had been training pregnant women for so long and you heard the stories yeah I heard the stories and I knew that you couldn't really plan you can plan but you also can't really plan because you don't have any idea what's actually gonna happen that day so I just kind of decided to take the route of planning on listening to my doctor being at a hospital and trying to just stay in the moment. How'd it go? It went great actually. How did it start? It was super long.

AMANDA KLOOTS: It started at night on a Friday night around 9 I started feeling contractions and where were you in relation to your estimated due date? My due date was June 10th and this was June 9th. Oh so one day before. Yeah okay. No I'm so sorry he was born on the 10th this was June 8th my due date was June 9th. So Friday night at 39 weeks and five days. Yeah. You started having contractions. Yes I started having contractions and I was at home luckily so we just started doing everything that we learned in childbirth class my husband was massaging my back I had a birthing ball and I was trying to just kind of take deep breaths I took a hot shower and we called my doctor that night and she was like you know great you're doing everything right let's

AMANDA KLOOTS: check in in the morning and see how you're doing in the morning and that whole night I kept having contractions and I was sleeping in and out but by 7 a.m. that next morning they were about five minutes apart the contractions and pretty strong and I was anxious to have my baby so I was like let's go to the hospital and see what they say so we did we went to the hospital I went to triage and they checked me out and they were like you're definitely having contractions and you're actually like wow super strong because your contractions are actually kind of strong but come back when your contractions are like two or three minutes apart instead of five and six minutes apart

and I was like okay I was like man bummed but not

AMANDA KLOOTS: excited to go home not excited to go home just because I was so excited to do it but we went home and I had contractions that whole day and by the time night rolled around around 10 p.m. they were like really strong I was still dealing with them fine but the whole day had been spent basically a rotation of hot shower massage for my husband trying to sleep and then like repeat the cycle walking around the neighborhood but they were pretty intense this was at 10 p.m. called the doctor again she goes honey I love you but the fact that you're like talking to me in a normal way You just got to like stay at home. And I was like, dang it She was like try to get some sleep

AMANDA KLOOTS: Eat something in the morning and then see how you're doing in the morning. Call me back So that night my contractions were pretty bad and I barely slept woke up had a nice breakfast got in the shower Tried to do everything I could but in this point I was like in tears. I was in so much pain I was exhausted because I had now again been having contractions since 9 p.m And this is now my due date two days later two days later So we call my doctor. I'm like in tears. She was like, okay go to the hospital and I'll call the attending doctor Who's on she was like I actually get in that night She was like but the attending doctor is on and I loved the attending doctor that was on actually in fact

AMANDA KLOOTS: That was the two doctors that were my favorite from the practice. And so I we got into triage They took me right in and started admitting me And then so I was like, oh my gosh, okay Like this is I had never been in a hospital before ever so I was a bit overwhelmed but they started you know doing all of the process and hooking me up to everything and getting me ready in the hospital gown and everything and they came in and She checked me and she was like you are only one centimeter dilated Oh, wow, and I was like that has to be like on the bridge. Oh my gosh. Yeah, and so She said listen she said here's what I suggest she goes you've been in labor now for 32 hours and

AMANDA KLOOTS: You're dealing with pretty strong contractions. I suggest that you get the epidural and You'll be able to rest and she said I also at the same time want to put a balloon in you To open up your cervix. She said by the time this is all done in three hours She said you should be about four centimeters dilated and it'll really help to get the process moving along She goes you've been in pain for 32 hours. You need to rest in order to be able to push this baby out I was totally okay with getting the epidural I was hoping that the epidural would happen later like at five or six centimeters but at the same time I saw her point because I'm still having contractions that are pretty strong every five minutes and I'm exhausted

AMANDA KLOOTS: So I was like honestly doctor. I was like I trust you. Let's do it So she gave me the epidural put the balloon in I passed out I wake up three hours later She pulls the balloon out. I'm four centimeters dilated my water breaks right away So my water breaks and I go to six centimeters really quickly So things are like moving and grooving and the doctor's happy. I'm exciting. I'm yeah, I'm doing well I'm like feeling great. She's like honey by midnight tonight. We should have a baby and I'm like She's like if you feel okay with this She was like I'd love to start doing some pitocin to get your contractions stronger And this is just gonna help the process move a little bit faster

AMANDA KLOOTS: And I said totally fine and so she puts the pitocin and I go back to sleep She goes I'm a check-in in New York in three hours. Great. So three hours later She comes back and she checks my cervix and I'm still six centimeters dilated so I haven't changed She was like, okay She was like I'm gonna up the pitocin and I'm gonna come back in three more hours and check you So she does that and during this three hours though, the nurse is coming in and I'm kind of in and out of sleep I'm constantly changing positions what I did like at this time and actually the whole time is I could a hundred percent feel My legs anytime they needed to lift my hips

AMANDA KLOOTS: I had the strength to put my feet down lift my hips to change the catheters or change anything that I needed to do I was switching from side to side at one point. Like I had my leg up. They had these really cool like Derps derps, but the stirrups could like maneuver and there was like this like pillow So at one point I had on my side, but my legs were elevated So I was constantly moving and switching positions which made me feel good because it was something that I was hoping I was able To do but I had for some reason thought that the epidural would not allow me to move around Yeah, in bed you could a lot of people can so that I didn't know that so I was really happy about all of that

AMANDA KLOOTS: So I have the pitocin. We're waiting for another three hours. She comes back in so now this has been six hours Of pitocin. I am still six centimeters. I have not budged any thoughts on why at that point So I did not have any thoughts but she came in the doctor came in and she was like for some reason Every time I try to push the pitocin up the heart rate of the baby goes goes down. Yeah. Yes goes down She goes Amanda. You are on a six right now of pitocin that can take you up to a level 30 pitocin Anytime I try to go up to an eight or a ten That's when the heart rate goes down and she's like, I don't like that. She was like now what's happening? is I need to push the pitocin to make your contractions stronger to help things move

AMANDA KLOOTS: along because for some reason, your cervix isn't opening." And she was like, I don't want to play with the pitocin anymore. So she was like, I'm going to check on something, I'm going to go out and I'll come back in a second. So I look at my husband and I was like, I have a feeling she's going to come back in and say that she suggests that we do a C-section. And I said, what do you think about that? I said, I'm OK with this, if that's what she is suggesting, but I'm sure that this isn't what you are thinking what is going to happen. And I said this to him because, again, I had heard so many birth stories and I had been around so many women that had C-sections unplanned and so I had heard these stories.

AMANDA KLOOTS: So I was kind of like in my head thinking that this is what she might say, but I knew my husband hadn't been privy to all these birth conversations. And he was pretty shocked and he was like, are you sure this is, you know, and I was like, I have a feeling this is what's going to happen. And I said, I need you to be on board because I'm on board, I'm OK. It's been 52 hours at this point, I'm exhausted. If you told me you had to cut off my right arm, I would be like, let's do this. So she came back in and she said exactly what I thought she was going to say. And she was like, I don't know why this is happening with the baby's heart rate. But she was like, not only is his heart rate going down, I'm also worried about you.

AMANDA KLOOTS: It's 52 hours, you're exhausted, you haven't eaten anything, and I think it's just time that we get your little boy out safe and sound. She's like, what I like about this is it's not an emergency. I'm not going to like wheel you over there right now and get you hooked up. She was like, I actually want you to rest for two more hours and we're going to set everything up and we're going to slowly take you off with Tosin and get the room ready and get you ready. She was like, we have a C-section happening right now. So just kind of like chill out. So I was like, OK, let's do this. And I was OK. Like I definitely was wanting to push my baby out vaginally. But at the same time, I knew that for some reason that was not going to be the

AMANDA KLOOTS: way it was going to happen. And I was also exhausted. And I was like, let's do this. Let's get him out safe and sound. So we waited a couple of hours. They wheeled me in. We did the C-section. And when she pulled him out, the cord was wrapped around his leg, his leg. Yeah. And so as she was pulling him out, you know, because I could see she was like, Amanda, she was like, this is why his heart rate. And she unwrapped the cord and he had a little bit of mucus in his lungs that she said would have been pushed out with a vaginal birth. Like that is common, I guess, with C-sections where you have some fluid in the lungs. So he went right to NICU and I went to recovery.

DR. ELLIOT BERLIN, DC: How was recovery?

AMANDA KLOOTS: Recovery was pretty intense. Again, I had never been in the hospital, never had a surgery, never had anything done to my body. So we got into recovery. I was pretty much comatose. I was so tired and in like a little recovery room and then finally got wheeled into my room that I was being. And I was bleeding pretty heavily and the nurses came in and they were like, you know, why don't you rest? And I was like, I'm going to go see my son. So I managed to pull myself up and get myself in a wheelchair and my husband wheeled us into NICU so I could see Elvis.

DR. ELLIOT BERLIN, DC: Oh, this does not surprise me at all.

AMANDA KLOOTS: I had blood like coming down my leg and I said, I don't care.

DR. ELLIOT BERLIN, DC: You're amazing.

AMANDA KLOOTS: Well, thanks.

DR. ELLIOT BERLIN, DC: Well, I learned a lot from you. I'm inspired by you. That's why I watch your videos all the time on Instagram. They just, they do. Like I watch your videos and they're energizing and inspiring and make you want to go move and see if it's fun.

AMANDA KLOOTS: Thank you. So I appreciate you.

DR. ELLIOT BERLIN, DC: Where can we find you online?

AMANDA KLOOTS: You can find me on amandacludes.com. A.K.

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