

# Mommy-Moves! Fitness Stroller Classes

## Get FIT With Your Little One In Tow!

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### **FOR IMMEDIATE RELEASE**

#### **Moms get fit with their little ones in tow thanks to Mommy-Moves!**

Monmouth County, NJ – Motherhood is hot! And now thanks to Mommy-Moves! local moms are hot, too.

Mommy-Moves!, created and taught by Lori Sawyer, MA, ATC, is helping Monmouth County moms get their sexy back post-baby and beyond.

Mommy-Moves! stroller fitness classes help moms lose weight, tone, tighten, strengthen all while enjoying quality time with their kids and other moms. Moms can lose the weight while commiserating—and rejoicing—about the ups and downs of their latest and greatest role: motherhood.

Like a moms' group in motion, Mommy-Moves! classes do more than get local moms back into their jeans. They also teach the little ones about the healthy benefits of exercise. “We have had two and three year olds getting out of the strollers after class to do lunges around the jungle gym! It has been so great to see how these children take in the positive goings on in every class. We hope that they will continue to see the benefits of exercise through their lifetime,” says Sawyer, who is a former athletic trainer that changed her focus from elite athletes to mummies after her son was born.

These classes are perfect for the on-the-budget, time-stretched mom thanks to no-membership fees or childcare issues. Instructors give individual attention to each mom, creating a personal training feel at an affordable price. “I like to use my rehabilitation and athletic experience with my mothers. We really concentrate on proper posture, core strength and all around stability so they can be injury free and enjoy an active lifestyle with their children,” Sawyer adds.

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This spring, Mommy-Moves! will be expanding from stroller classes to a host of new and exciting programs, classes and events. Our Kids-Move! Classes that launch June 8th for three to six year olds will introduce children to endurance, strength and flexibility, all while having fun in a non-competitive environment. These classes, taught by Mary Patterson, a local child development fitness specialist and new mother, will develop gross motor skill, spatial awareness, individual skills and team building skills. Mommy-Moves! will also be holding a six- week Post Natal Nutrition and Fitness challenge through the Ultrafit Nutrition Systems, and "Beach Boot Camp" Saturday workouts this summer.

Mommy-Moves! stroller classes are currently being held outdoors in the Rumson/Fair Haven area, and will be expanding to Middletown and Long Branch this spring.

This new concept of fitness is part moms' group, part playdate and part life-changing health and fitness experiences for moms and their families.

For press inquiries, Q and A, and expert quotes, please contact Lori Sawyer at 732.539.7711