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FOR IMMEDIATE RELEASE



**Mommy-Moves Begins MOMMY RUNS with 36 Local MOMS!
Running for charity in the Ryan's Run 5K!**

Monmouth County, NJ – Motherhood is hot, and now thanks to Mommy-Moves (www.mommy-moves.com). Mommy Moves has created Mommy Runs, a beginning running program for moms who want to run a 5K, but do not know where to begin. This 12 week program will finish at the Ryan's Run race in Middletown, NJ on June 26th. (www.ryansrun.org). With 36 moms registered for the program, and over 50 "mommy movers" running the race, Mommy Runs has successfully created a program any mom can do!

Mommy-Moves, created and taught by Lori Sawyer, MA, ATC, has been helping Monmouth County moms get their sexy back post-baby and beyond for the past 4years. Now, Mommy-Moves is expanding with their latest program. Mommy Runs meets every Saturday at 8AM at local parks through costal Monmouth County. Lori Sawyer, Jen Vieth; a Mommy Moves instructor and accomplished runner, and Lauren Debeane, our Mommy Moves intern put the mammas through their workouts each Saturday.

Homework is assigned, motivational quotes, message boards, and lots of support are given out during the week to help the moms reach their goal.

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 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 mommies 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. Our certified and qualified instructors 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.

Mommy-Moves also runs stroller classes in the Rumson/Red Bank area, Long Branch, and Middletown areas. Beach Boot camps are held in Sea Bright every Saturday morning through the summer. They have also teamed up with Kids-Move! Fitness (www.kids-move.com) and Little Sun Yoga (www.littlesunyoga.com) to create a well balanced and complete fitness and nutrition program for every family out there.

This new concept of fitness is part moms' group, part playdate and part life-changing health and fitness experiences for moms and their families. Spring Lake is the perfect spot for stroller classes this summer.

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