

STROLLERFIT

ATTENTION NEW MOMS!!

Strollerfit is a new and unique outdoor exercise program specifically designed for the special needs of new moms. It offers:

- a full body workout
- cardio, toning and stretching
- use stroller as resistance
- mom & baby exercise together
- interact with new moms
- have fun

For more information contact:
Lorne (416) 812-5169

Focus On Business

Strollerfit – an exercise class, support network for new moms and babies

There is nothing more precious than a new baby. But many times new moms feel overwhelmed about the changes in their bodies and the change in their lifestyles that the new baby causes.

After the birth of the baby, a new mom needs four basic things – fresh air, sunlight, exercise and a support network of other new moms and professionals, said Marcia Starkman, a registered nurse and psychotherapist.

And that is where StrollerFit, a new class aimed at moms and their babies, comes in.

StrollerFit is a 50-minute class that helps new moms get back into shape.

Using the baby in the stroller as weight, a female personal trainer will show new moms how to exercise their trunk, back, legs and other areas that need work, said Lorne King, a personal trainer who is organizing the class with Christine Horton, a registered massage therapist.

The stroller adds resistance. Just by adding upper body resistance, women lose 53 per cent more calories than lower body exercise alone, said King.

The classes, which are held at Toogood Pond in Unionville, are not intimidating and women can work at their own pace.

But exercising isn't the only thing participants can look forward to. StrollerFit also offers new moms an opportunity to form a



The only thing you need to participate in this class is a baby in a stroller, comfortable clothing and a good pair of shoes.

Photo by LORI EMMERSON

support network with other moms. Participants meet for 15 minutes before the class at Starbucks in Unionville. There they are able to discuss some of the problems they are having so they can help each other come up with solutions.

Participants are also invited to monthly seminars at Starbucks. The seminars, hosted by professionals, will include such things as nutrition, baby massage, post-partum depression, finances and more. The classes begin May 26 and go every Tuesday and Thursday until the fall (weather permitting). People can either pay as they go (\$12 per session) or they can purchase six or more classes for \$10 per session.

For details contact Christine at 416-378-4106 or Lorne at 416-812-5169.

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Please register by Monday, May 18th, 1998

Anne Taylor 475-3742 today

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Topic: Half day or Full day kindergarten

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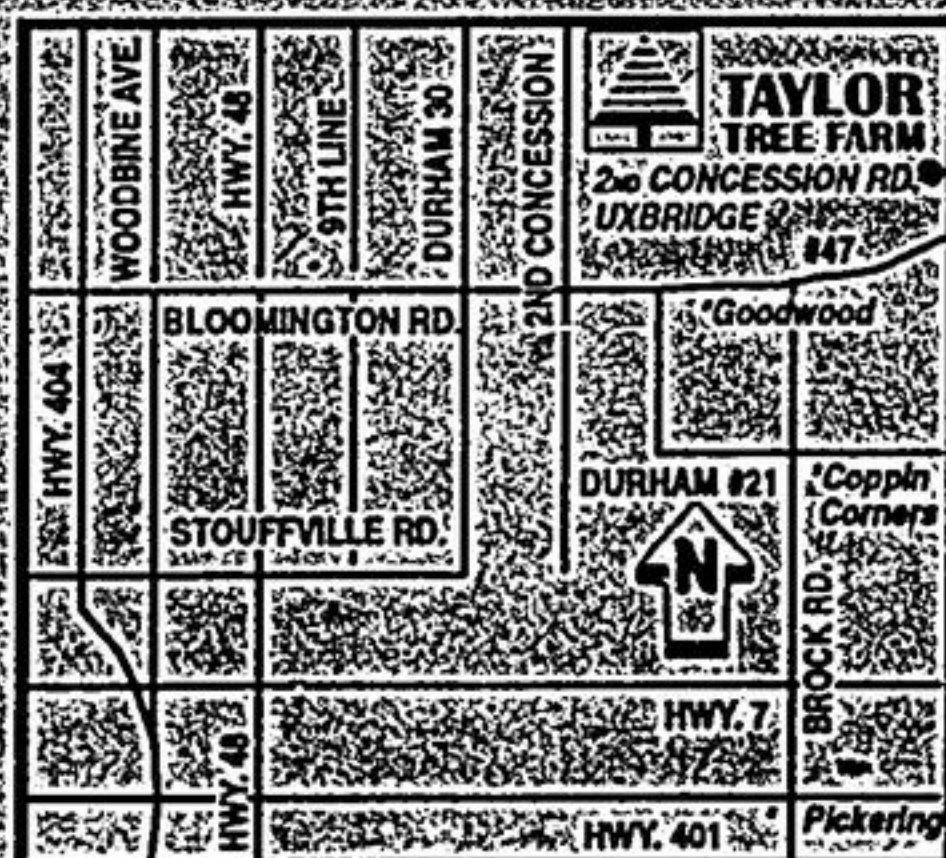
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& REGISTRATION

for 98-99 Season

7 pm to 8:30 pm

at the Stouffville Arena

ANNUAL GENERAL MEETING

on Tuesday, June 2 at 7:30 pm

& registration

from 6:30 to 7:30 pm

Montessori

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9:30 am - 11:00 am

1:30 pm - 3:00 pm

Tuesday May 12th, 1998

1:30 pm - 3:00 pm

Thursday May 14th, 1998

1:30 pm - 3:00 pm

Friday May 15th, 1998

9:30 am - 11:00 am

1:30 pm - 3:00 pm

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On Hwy. 7 between Main St. Unionville & Kennedy Rd.

For more information, please call:

475-9341

We hope to see you there!