

Health & Fitness Initiatives for Families

Mommy & Me Stroller Fit Camps



We realize that many new parents lead busy lives and have to combine work shifts into their hectic days, so this is not just a program for mommies and their toddlers, but daddies can join in too.

Convenience - Keeping your baby within arm's reach while you exercise is the ultimate time and energy saver; no nursery or baby sitters needed. And because Mommy & Me Stroller Fit Camps turns your stroller into a portable fitness machine, you can get a great stroller fitness workout wherever you are.

Your Baby Will Love It - Mommy & Me Stroller Fit Camps keeps your child happy! Your baby gets the best seat in the house to watch and help mommy exercise. And when the stroller starts moving, things really get fun!

Give Your Baby the Gift of Health and Fitness - By exercising the Mommy & Me Stroller Fit Camp way, you help your baby recognize exercise as a positive and natural occurrence in his or her life. While many children resist exercising as they get older, your baby enjoys the process. Bottom line: with Mommy & Me Stroller Fit Camps, your baby develops the foundation of a healthy, lifelong exercise habit with the best workout partner of all - YOU!

Make Great Friends - At Mommy & Me Stroller Fit Camps, you'll be working out with moms just like you. It's a great opportunity to socialize while you exercise. You'll walk away from our classes with names and numbers of other like minded parents and will develop strong bonds and friendships. Your children will hopefully grow up to develop just as strong a friendship with the other children who have participated in one of our groups.



During the summer months your camps will be held outdoors, but when the weather turns cold, we will take your class indoors so that you have the same fun fitness opportunities all year around.

We will also hold health and **Nutrition Seminars** which will give you valuable tools and resources for leading more active and healthy lifestyles as a family unit. Teaching you ways to make healthy recipes and food choices with your child whilst making it fun and informative.



Interactive nutrition activities, which cover topics such as: Food groups, hunger and digestion, serving sizes, nutrients, fiber, healthy snack choices, fast food facts and media literacy. Handouts and recipe information that parents and kids can do together.

If your school runs regular PAC meetings and events, or fundraising nites, we can organize activities where the parents and teachers have to 'compete' against the kids in a fun fitness environment in the gym or in the school yard.

What kid doesn't want to do better than or beat their parent or teacher?

It is a way to get the whole family and school involved and a way to make getting exercise incorporated into your daily activity so the kids see it as FUN