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## **New Book *LEAN MOMMY* Helps Moms Find Time To Bond With Baby While Building a Healthy Body**

SAN DIEGO, CA (February 7, 2007) – The results are in: Today’s parents just don’t have enough time – even for their own children. And this may be contributing to the childhood obesity epidemic. A recent national study found that busy work schedules and other common household responsibilities left 54 percent of parents with little or no time to spend in physical activities with their children, and, those who did manage to squeeze it in, reported that they could only eke out an hour *or less* per week \*.

In an effort to reverse this unhealthy trend, Stroller Strides founder Lisa Druxman M.A. has authored *LEAN MOMMY* (Center Street, June 2007), **the first book to help new moms maximize their limited free time by bonding with their baby while they exercise.** *LEAN MOMMY* tackles the primary obstacle a new mother faces: finding time for herself, her partner, her career, and her new baby.

“I know how tough being a mom can be,” explains Druxman, a proud mother of two and creator of the Learn Eating Awareness and Nutrition (L.E.A.N.) program that helped inspire *LEAN MOMMY*. “Just when you thought you had your life’s schedule down to a science, along comes a little one that trumps all priorities! With a partner who still needs some TLC and probably a job that you will be returning to shortly, it’s easy to skip time for yourself altogether. But now is when you need it the most – not only to regain your pre-pregnancy shape, but to stay revitalized and healthy so that you can be the best mom possible.”

In *LEAN MOMMY*, Druxman, along with health writer, exercise physiologist and nutritionist Martica Heaner M.A., M.Ed, **provides a detailed plan for getting lean, strong and healthy after pregnancy.** No daycare is required since mom partakes in all exercises with baby in tow. The result? Baby has fun and mom gets fit!

Readers will learn how to get back into shape safely and efficiently as Druxman and her infant daughter demonstrate key post-pregnancy-specific exercises. Best of all, the only “equipment” necessary is baby and common baby accessories such as a stroller and front-pack carrier.

Easy ways to change poor eating habits are incorporated into the *LEAN MOMMY* plan, as well as tips for energizing a tired mom with the right foods and the best ways to exercise. *LEAN MOMMY* also shows new mothers how to overcome common emotional obstacles including postpartum depression, poor body image, extreme exhaustion and feelings of lost identity – hard-hitting issues that most fitness and weight loss books seldom address.

“As parents, our free moments are limited and our demands numerous, but this should never interfere with our ability to spend quality time with our children and set healthy examples by taking care of ourselves,” said Druxman. “With *LEAN MOMMY*, moms can get into the best shape of their lives without having to compromise their ability to be a great parent. Really!”

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*LEAN MOMMY* includes chapters on *Nuts & Bolts Fitness*, *Moms on the Move*, *The Stroller Workout*, *The Baby-Weight Workout*, *The Mom-Has-Just-A-Minute Workout*, *Troubleshooting Tough Times* and much more.

***LEAN MOMMY* will be available in June 2007 in bookstores nationwide and also online at [www.strollerstrides.com](http://www.strollerstrides.com).** Editorial media interested in a *LEAN MOMMY* galley or an interview with Lisa Druxman may contact On the Horizon Communications at (805) 773-1000 or [jordan@thepressroom.com](mailto:jordan@thepressroom.com).

\* [http://www.kidspace.org/kids\\_health.htm](http://www.kidspace.org/kids_health.htm)

#### **ABOUT THE AUTHOR:**

Lisa Druxman is the founder of Stroller Strides, the stroller exercise program for new mothers and their babies found in over 300 national and international locations. A pre-and postnatal fitness expert and certified personal trainer, Lisa holds a master's degree in psychology with an emphasis in exercise adherence and weight control. Lisa has authored multiple articles that have appeared in national parenting and fitness magazines and has appeared on a host of major national television programs, including NBC's Today Show and CNN's Anderson Cooper 360. She is currently *Entrepreneur Magazine's* resident columnist on "Mompreneurs."

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