

**FOR IMMEDIATE RELEASE**

**Military Moms Find Camaraderie, Support With Stroller Strides® – Overseas and Stateside  
Class Locations in Military Hubs and on Bases Offer Fitness and Indispensable Friendships**

SAN DIEGO, CA (September 18, 2006) – It's no secret that new motherhood is tough: the immediate lifestyle shift; the sleepless nights; the steady toll it takes on the social life. But what if these common struggles were compounded with a host of entirely different challenges, such as **the deployment of a husband to one of the world's most dangerous locations, no immediate family nearby for assistance or support, or even having to adjust to an entirely different culture?** For thousands of "military moms" across the country and overseas, this lifestyle – especially due to our current state of world affairs – is an all too familiar reality.

**Stroller Strides wants to help. The nationwide stroller exercise program for new moms recently sold its first overseas franchise** to Lauren Colunga, **who will bring Stroller Strides classes to the Kadena Air Base in Okinawa, Japan.** Colunga held her Grand Opening in early September and has already received an outpouring of interest and support from local moms.

"Stroller Strides located on overseas military installations is a tremendous addition to quality of life programs," said Susan Glosby, a military wife and mom and current franchise support director for Stroller Strides. "Being stationed overseas with small children can be quite a challenge, especially if there is little access to programs for young families. Stroller Strides is something 'from home' that has tremendous benefits."

Military moms living on base rarely have access to local forums to learn about proper postnatal exercise or group fitness programs for parents. Furthermore, many military families are limited to only one car, which can serve to further isolate new moms.

"Stroller Strides helps moms deal with multiple challenges by providing a consistent venue to meet with friends and discuss hardships of dealing with deployments and being away from immediate family," said Colunga. "Also, meeting on a regular basis for Mom's Night Out functions and playgroups provide forums for exploring new restaurants and areas off base, while also forming support networks of friends outside normal squadron functions."

In addition to the new overseas location in Japan, Stroller Strides continues to offer classes on or near military bases in national locations such as San Diego, Pearl Harbor, Charleston and Virginia Beach, to provide stateside support to moms with military ties, with **many locations offering discounts to military clients.**

Katey Mobley, a Stroller Strides franchise owner in Hawaii, has offered classes on Pearl Harbor Naval Base and may also offer additional classes on the local Air Force, Army and Marine Corps bases in the future. Mobley estimates that 50 percent of her current Stroller Strides participants are military – even at classes not held on base.

"Stroller Strides is more than a workout – it is also a support group and a great social network," said Mobley. "Hawaii is culturally very different, and being so remote, it can make people very homesick. Stroller Strides gives military moms a chance to meet other moms – military and otherwise – and gives them the courage to venture out with their new friends and take advantage of all of the fun activities Hawaii has to offer."



**Amy Parr at her Stroller Strides Grand Opening at  
Charleston Naval Weapons Station**

Megan Perry, a Navy wife and mother of one (two, in December), is no stranger to life as a military mom in Hawaii. Living in Kailua, Perry was unable to get fit at the gym on base, as daycare services aren't offered. Instead, she joined Stroller Strides, began attending classes three times a week and soon became the playgroup leader at the Kailua location.

"Stroller Strides has been awesome for me," said Perry. "Being a first-time military mom and so far from family – they ARE my family. My husband was deployed and missed each and every holiday and special occasion in 2005. My daughter and I were invited to many Stroller Strides families' homes for holiday meals – one mom and I even spent Mother's Day together because both of our husbands were gone – she even brought me flowers!"

Stroller Strides franchise owner Amy Parr of South Carolina was approached about offering classes on base by both her military mom class participants and the Morale, Welfare and Recreation (MWR) program. She currently holds classes three times a week at Charleston Naval Weapons Station and modifies regular Stroller Strides activities to meet the specific needs of her military moms, since large budgets, babysitters and cars are not always available.

"We do lunches instead of dinners, picnics instead of restaurants, and try to always include the children," Parr said. "We aim to be a place for moms to come for a little sanity, friendship, and, of course, a great workout."

Interested in speaking with a Stroller Strides participant who is also a military mom or a Stroller Strides provider offering classes on or near a military base? Feel free to contact On the Horizon Communications at (805) 773-1000 or [jordan@thepressroom.com](mailto:jordan@thepressroom.com).

Stroller Strides classes are offered in more than 300 locations nationwide. The hour-long classes emphasize cardiovascular activities and muscle-strengthening exercises using resistance bands and strollers, allowing moms to interact with their babies throughout their workout. Stroller Strides franchises are available for those interested in a home-based, family-friendly business. For more information about Stroller Strides, including class locations, visit [www.strollerstrides.com](http://www.strollerstrides.com).