

## FOR IMMEDIATE RELEASE

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### **Stroller Strides Recognizes Women's Healthcare Month**

*Company offers tips to help mothers stay healthy for their children*

**SAN MARCOS, Calif. (Grassroots Newswire) May 22, 2009** - It can be challenging for many women, especially mothers, to focus on their health when they have other things to tend to, including – but not limited to – their jobs, cleaning, helping their children with homework, and just keeping their households in order. But, during National Women's Healthcare Month this May, Lisa Druxman, founder of Stroller Strides, is showing moms that they can keep their schedules on track, while also making sure they leave enough time to take care of their health.

"There are very easy things that mothers can incorporate into their lives to make sure they are getting the right nutrition and exercise. We mothers need that energy to keep up with our kids," said Druxman. "We want to help mothers get on track, and stay on track, when it comes to their health. That is why we are using this awareness campaign this month to offer tips that are easy and useful."

Druxman suggests an easy exercise tip that mothers can incorporate with their young children and a nutritious recipe idea that can be used for any time of the day:

#### ***Exercise Tip: Reverse Crunches with Your Young Child***

**Starting Position:** Lay the child face-down on your shins, facing you while you lie on your back. Hold onto the child with your hands to keep him or her secure. Keeping your knees bent and your feet off the floor, engage your abdominal muscles by pulling your belly button in towards your spine. Keep a space between your chin and chest (looking diagonal towards the ceiling).

**Action:** EXHALE: Lift from your hips, pulling your knees towards your chest, focusing on your abdominals. INHALE: Slowly lower hips and legs back down to the starting position to complete one rep. Aim for 1-3 sets of 10-15 repetitions.

**Special Instructions:** *Safety should be your main concern, for you and the child. Make sure that*

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*the child is totally secure in all movements. If any exercise is uncomfortable or too strenuous with the child, try it without the child first. This is a very slow, small and deliberate movement. Be careful not to use momentum. Try to keep the motion controlled by your abs.*

**Recipe Idea: Parmesan Snacks Chips** (Makes 32 chips)

Ingredients:

- 4 whole wheat sandwich wraps or large whole wheat pita rounds
- 1/4 cup canola oil
- 2 tablespoons grated Parmesan cheese

Heat oven to 425F. Lightly brush sandwich wraps with oil. Sprinkle with cheese. Cut each sandwich wrap with kitchen shears into 8 wedges. Arrange in a single layer on ungreased baking sheet. Bake for 8 minutes or until crisp and golden brown.

"These are just some helpful ways to give moms a jumpstart on a routine of good exercise and healthy foods. We at Stroller Strides aim to help women in their stride to become great moms and stay healthy and active for their children," Druxman added.

Choose exercise activities that you find fun and exciting, like biking, camping and hiking, or going to the park with your kids, Druxman said. And, be sure to eat plenty of fruits, vegetables, and sources of protein to keep your energy high.

Stroller Strides is recognized as the country's largest stroller exercise program, offered in more than 800 locations. Owners of Stroller Strides programs teach classes to new moms and their babies, leading them through intervals of power walking with their strollers and then strength training with resistance bands. Between sets of bicep curls, they interject statements to help moms realize they are not victim to their "to-do lists."

For more information on Stroller Strides, please visit [www.strollerstrides.com](http://www.strollerstrides.com).

**About Stroller Strides**

Stroller Strides classes are offered in over 800 locations in the United States and Canada. 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. To further assist mothers in all aspects of their lives, Stroller Strides partners with Pampers<sup>®</sup>, LUNA<sup>®</sup> and BOB<sup>®</sup>. For more information about Stroller Strides, including class locations, visit [www.strollerstrides.com](http://www.strollerstrides.com).