



FOR IMMEDIATE RELEASE

Stroller Strides® Founder Shows New Moms Baby Steps Can Result in New Year's Resolution Success

SAN DIEGO, CA (October 7, 2008) – Thousands of new moms will soon anxiously await the ball drop as they count down the last 10 seconds of 2008, acknowledging aspirations for a speedy return to their skinny jeans or keeping daily stress at bay. **To ensure they don't drop the ball when it comes to these New Year's resolutions, [Stroller Strides](#) founder [Lisa Druxman](#) offers the "Top 10 Tips for a Healthier, Happier You" – a list of key lifestyle habits new moms can easily adopt to support the success of postnatal health goals.**

"A successful New Year's resolution for a new mom is one that's in reach, "explains Druxman, a pre-and postnatal exercise expert and author of [LEAN MOMMY](#). "When you create simple-to-adopt, attainable targets, the transition to a healthier lifestyle becomes more seamless and you're less inclined to slip up or give up on your goals."

To stay on the road to resolution success, Druxman suggests new moms stay consistent with the following countdown:

- 10. Adopt a daily exercise philosophy.** No matter if it's a brisk stroller walk or a few sets of crunches and stretches during baby's nap time, find some time each day to move your body.
- 9. Take time for yourself.** Moms are consistently trying to take care of everyone else, but this role is impossible if you don't take care of yourself. Whether it's meditation or a quick read before bed, make sure "me time" is set aside daily.
- 8. Must eats.** Fresh fruits, vegetables, whole grains and lean proteins. Try to eat whole foods (unprocessed and unrefined).
- 7. Don't eats.** Anything processed. Stay away from fried foods and those high in sugar and salt.
- 6. Must drink.** Water! Every system in the body depends on water, but most people don't even realize when they're dehydrated. Make sure you're filling up your water bottle throughout the day and consuming around two or more liters.
- 5. Seek out a supportive social network.** There are actually physical and psychological benefits for women when they socialize – especially with other women. Join an exercise group like Stroller Strides, a moms' club or use the internet as a resource to reach out to other moms.
- 4. Fill up on fiber.** Virtually all diets recommend a high-fiber intake. Add flax to your cereal or morning smoothie and make sure you're eating plenty of fruits, veggies and legumes.
- 3. Take on a self-esteem mantra.** Your words influence your world. Find three words to repeat to yourself each day that will help you find wellbeing, such as 'peace,' 'health' and 'harmony.'
- 2. Breathe.** You of course breathe every moment of the day, but find a few minutes to breathe *with purpose*. Breathe in for three counts; hold for three counts; and release for three counts. Your body will benefit from the oxygen and stress will slowly melt away.
- 1. Advertise to yourself.** Most New Year's resolutions are soon forgotten. Just like advertisers send subliminal messages to remind you to buy their product, you should put up notes throughout your home to remind yourself what you're trying to accomplish and why.

For more tips on reaching postnatal health goals from Lisa Druxman or to arrange an interview, editorial media can contact Jordan at On the Horizon Communications (805) 773-1000 or email jordan@thepressroom.com.

Stroller Strides classes are offered in over 800 locations in the United States and now in 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 LUNA® and BOB™. For more information about Stroller Strides, including class locations, visit www.strollerstrides.com.