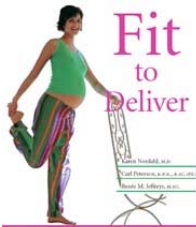




Stroller Strides® Serves Up a Myriad of New Mom-Friendly Resources for 2007

A new prenatal fitness program, the launch of LUNA Moms Club Powered by Stroller Strides, a new book, website and overall look are sure to support new mommies in their New Year's Resolutions!



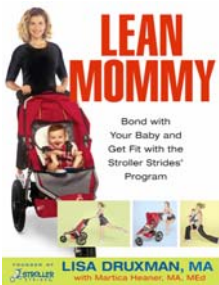
AN INNOVATIVE PRENATAL AND POSTPARTUM FITNESS PROGRAM

Launch of Fit To Deliver Classes

Stroller Strides now offers Fit To Deliver prenatal classes at multiple locations nationwide. Proactive parents-to-be can learn healthy habits to help prep for childbirth and get an edge on postpartum recovery with the 60-minute practical program – tailored for different fitness levels and all stages of pregnancy. Focused on three key principles: Prevention, Preparation and Restoration, the new Fit To Deliver classes incorporate stretching techniques, aerobic guidelines, strength training, postural reminders, nutritional information and more.

LUNA MOMS CLUB Powered By Stroller Strides

All Stroller Strides locations now offer LUNA Moms Club, a free program that provides a supportive community for moms looking to meet new friends, share tips and parenting advice, and participate in fun activities with their children. LUNA Moms Club Powered by Stroller Strides hosts monthly play dates, moms' nights out and other family-friendly functions. Club members also work together to participate in local community service projects that give back to children, families and the environment.



LEAN MOMMY

Stroller Strides founder Lisa Druxman, M.A. will launch the first book to help new moms maximize their limited free time by bonding with their baby while they exercise. Available in June 2007, LEAN MOMMY tackles the primary obstacle a new mother faces: finding time for herself, her partner, her career, and her new baby. Readers will learn how to get back into shape safely and efficiently through a variety of Stroller Strides workouts, receive important tips on nutrition, balancing limited time and maximizing energy, and learn how to overcome common emotional obstacles such as postpartum depression. MSRP: \$17.99

Fresh New Web Site and Brand

Stroller Strides strolls into 2007 with a new web site, logo and look designed to reflect the health and energy of Stroller Striding moms. The new web site features nutritional recipes, detailed exercise techniques, comprehensive information on pre- and postnatal fitness, class descriptions and locations, FAQs and more. New retail products – many featuring the bright new Stroller Strides logo – are also available for purchase on the site. www.strollerstrides.com

