

**FREE**



# MUMMS OF STEEL

A different choice  
of exercise

Join our group for fun and  
fitness with your baby

Oakmere Park, High Street,  
Potters Bar, meet by the  
toddler play area

Every Tuesday from 6 July to  
24 August 2010, 9.15am to 10.15am

Start by downloading and filling in the  
pre-exercise questionnaire and  
registration form (you will need to bring  
these already completed to your first  
session). The instructor will sign off the  
forms in person.

Just turn up or call 07709 342329  
to speak to the instructor beforehand.

[www.mumsofsteel.com](http://www.mumsofsteel.com)  
[www.hertsmere.gov.uk](http://www.hertsmere.gov.uk)



## Fight the baby blues

Studies have shown that mothers who exercise after pregnancy are less likely to suffer from post-natal depression.

## Get fit

Cardio exercises combined with strength training guarantee you will be on your way to a healthier you.

## Bond with baby

Babies have a great time watching mum get fit. You will be setting a great example of the importance of exercise to your baby for later on in life.

## No child minder or day care costs

Bringing your baby with you is the safest and most convenient way to exercise.

## Babies love it

Babies have a great time with the ability to socialise with other babies. The movement helps aid cognitive development.

## Make great friends

At Mums of Steel you will meet lots of other mums and babies. You can chat and socialise while you exercise.

