



Mum plus One

Fit for birth, fit for baby!

Pregnancy and Postnatal Fitness and Well-being

www.mumplusone.net



Winter Newsletter

Mum plus One has been set up with one thing in mind - giving mums a helping hand. We know it's tough to go through pregnancy, childbirth and motherhood so decided to set up a service to try and make things a little easier. We feel that it's important to be both physically and mentally fit to cope with the journey you have to take to become a mum, therefore, we are offering antenatal and postnatal exercise sessions, virtual fitness training, a friendly social group and a party planning service to help celebrate everything from bump to baby and beyond!

Fitness Sessions

We offer weekly indoor exercise to music classes and outdoor fitness sessions for pregnant ladies, new mums and mums who would still like to lose their baby belly! All exercises will be tailored to meet your specific needs so they are safe for everyone to enjoy. Visit www.mumplusone.net for details. January term will begin w/c 11th January.

Tuesdays	1.30pm – 2.30pm	Outdoors	meet at Penton Hook Lock, Staines
Wednesdays	1pm – 2pm	Indoors	The Village Centre, Englefield Green

If you book before Christmas you can save 20% off the price of the 6 week term! (Normally £33, but you'll only pay £26.40).

Places are limited so please contact me to reserve your space. mumplusone@fastmail.co.uk or 07733 005925.



Did you know that you can mix'n'match sessions?

Feel free to switch between the indoor and outdoor classes if you'd like some variety in your fitness programme, or only want to exercise outside in good weather. If you really want a challenge why not register for both?!

Don't want to pay for a term? Easy – buy some tokens to use as and when you can make it.

They are valid indefinitely so you can buy a few and use them when you like (£6.50 each). Save yourself the hassle of having to rummage around for the right change each week. Please email mumplusone@fastmail.co.uk to buy them in advance of the classes.



Don't forget you can bring your baby/toddler along to any of the sessions.

No need to find a babysitter or feel guilty about leaving them while you take some much needed 'you' time. Tiny ones can sit in a pram or car seat and older ones can roam around as long as you keep them and the other class members safe.

Teething Ring Social Group

Our fortnightly coffee mornings have been put on hold for now due to lack of numbers. If you are interested in coming along please do let me know and when there is enough interest we can start again.

Make some new friends, pass on tips and share experiences. Treat yourself to a lovely coffee or tea and perhaps a well-deserved piece of cake and allow yourself time to relax.

Blogs

I've been busy sorting out the blogs on the Mum plus One page and have some new articles there. Come and take a look. <http://www.mumplusone.net/#!/blog/chyy>. I've also written some guest blogs for The Hersham Hub and The Talented Ladies Club which I've linked to on my page too!

Advertising

I've been sharing my new adverts on Facebook and Twitter recently so hopefully some of you might have seen them? I have also joined the local Bizmums group so have had some great support, tips and Facebook sharing from them.

If you can think of anywhere that I can advertise, or if you are able to take flyers to hand out at other classes or playgroups, I would be very grateful for your help. Please get in touch and let me know.

Testimonials

Once you've been to some classes, how about sending me a testimonial to display on our website? I have two but would love some more please! Email it to mumplusone@fastmail.co.uk

"I signed up to the Mum plus One Pregnancy exercise class as I was keen to find a way to keep fit safely during pregnancy. Debbie is a fantastic instructor, designing a varied class, helping to strengthen my core, arms and legs, as well as having lots of laughs when my co-ordination skills are lacking!!"

- Lucy, 30 weeks pregnant (May 2015) - has just had her little baby boy! Congratulations Lucy!!

"Really love this class, Debbie is a fab instructor and the exercises are exactly what I'm looking for to tone up after having my baby 3 months ago. The indoor aerobics style class on a Wednesday is also a good way to get fit again."

- Alex, 3 months postnatal

Facebook and Twitter are fully up and running

If you don't already like Mum plus One on Facebook pop over and like it now. You'll get lots of pregnancy, baby, mum and parenting tips, advice, offers and reviews. <https://www.facebook.com/mumplusone>

I also regularly tweet useful tips, gift ideas, party ideas, fitness motivation and more on Twitter so give us a follow there too. <http://twitter.com/MumplusOne>



Mum plus One

@MumplusOne

Ever wonder what we get up to at our outdoor fitness sessions?

Like us on Facebook and see what I post! You might want to join in the fun...

Here is one of my recent useful Facebook posts:

Mums - Here's my top tip for improving your core strength and toning your tummy whilst pushing a pram...

Have the pram handle close to your body, bend your elbows and walk with a tall, upright posture, keeping your tummy pulled in. Don't make the common mistake of leaning forward with your arms straight out in front of you.

See if you can feel the difference!



If you have anything you'd like me to add to the Facebook page or tweet for your please send it over. Articles, pictures, funnies, useful websites, reviews, other blogs and anything else you can think of are all welcome. Also if you know of any good groups I can join to promote Mum plus One please tell me.

Useful Links

I have just added a useful links page to my website: <http://www.mumplusone.net/#!/useful-links/c1v2m>

If you know of any great service providers or would like to include your own link on my site, please do let me know. I will include anything that is relevant to our audience.

You will see one of my links leads to ParentingSuccess. Here is an outline of what they do.

ParentingSuccess Coaching Workshops

ParentingSuccess Coaching have developed a series of dynamic, fun and interactive workshops across 2015/ 16, to help support parents to work through a number of challenges within their family life. We have included a range of topics such as: discipline, independency and responsibility, lack of confidence, use of technology, PLUS much more.

You will get an opportunity to share successes and challenges with the group, as well as gaining insight and strategies from other passionate parents who are going through something similar. Most importantly you will realise that you are not alone in how you feel and what you do as a parent.

I have been to 2 of the workshops myself so can highly recommend them! Please take a look and see if they can help you too. <http://www.parentingsuccesscoaching.com/workshops/>

Is there anything else I can do for you?

Is there anything else I can include on my website, Facebook page or twitter feed? Would you like more variety in my classes, such as circuits? Is there particular music you would like to use for the indoor fitness workouts? Do my class times suit you? Any feedback is welcome at any time via mumplusone@fastmail.co.uk.

What can you do for me?

Tell everyone about Mum plus One! The best method of advertising is word of mouth so I need you to help me please. I'd love to grow my classes and offer more mums the chance to get out there and get fit. If you can mention me at other groups, display a flyer or simply just share my posts on Facebook and twitter, it would be a huge help.

On a personal note, I'd like to thank all of those ladies who have come along to my classes during 2015 and those who have helped to support me through the year. I really appreciate your time, effort and commitment. I would also like to thank the Village Centre for allowing me to use their facilities. I've certainly enjoyed running the sessions and very much look forward to building on them during 2016.

I wish you all a very merry Christmas and wonderful New Year!

Debbie