



Mum plus One

Fit for birth, fit for baby!

Pregnancy and Postnatal Fitness and Well-being

www.mumplusone.net

May 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



Our fitness sessions are fully up and running now and numbers are slowly building. We still have spaces in the classes for newcomers though so tell all of your friends about us and for each one that turns up you get a free class!

The outdoors sessions have been lovely in the good weather we've been having. So nice to be out in the sunshine with the bubbas! Why don't you make the most of this class through the summer? Sign up now for the rest of this term, or for the next term starting at the beginning of July.

If you are not sure about the format of our classes, come along for a **FREE taster session** and see what you think. If you like it, you can sign up for the rest of the term.

Did you know that you can mix'n'match sessions? We run indoor and outdoor classes so feel free to switch between them 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 forget you can bring your baby along to any of the sessions so you don't need to find a babysitter or feel guilty about leaving them while you take some much needed 'you' time. Visit www.mumplusone.net for details.

Toddle Waddle and Picnic in aid of Meningitis Now

Saturday 25th July from 11am in Staines

Watch out for more details in the next few weeks.

Teething Ring Social Group

Our Teething Ring Social Group has now started and we are beginning to create our own little community. (Welcome to the new ladies who have come along). Unfortunately The Three Horseshoes are not able to host us anymore as they have to get staff in especially for us, so we have moved the Staines meeting to Notcutts Garden Centre instead. A poster has gone up on the Notcutts community board and hopefully some other mums and mums-to-be will see it and join us. Don't forget to tell anyone you know, especially as it's FREE!



Meetings take place from 10am – 11am

First Tuesday of the month The Village Centre, Englefield Green

Third Tuesday of the month Notcutts Garden Centre, Staines

NCT Nearly New Sale



We had a stand at the NCT Nearly New Sale in Egham on 25th April and also put flyers in 250 bags. It was a friendly morning and quite a few ladies came for a chat (and one man on behalf of his wife – how popular will he be at home when he turns up with an exercise flyer?!). Thank you to everyone who came to say hello. At least we are starting to get our name seen. We just need to convert interest into actual class members now.

Baby and Children's Sale

Our next promotional event will be the Baby and Children's Sale taking place on 10th May in Staines. Again we have put flyers in 50 bags and will have a stand there. We will be handing out flyers and this time will have some branded balloons to give to any children who are there. Hopefully they will create a talking point as well as keep the children entertained for a while!



Blogs

We posted a couple of blogs during April so do take a moment to have a look on our website. Excitingly, The Hersham Hub contacted us asking for a guest blog for their site so we've submitted one and it's due to be published any day. We'll let you know when it's out there so you can see it. If you fancy writing your own blog to be featured on our site, please do let us know. We'd love to have some more guest appearances on there!

Advertising

Adverts should start appearing online and in various publications over the next few weeks so see if you can spot us. Give us a shout if you know of somewhere else that would be a good place to advertise as well.

Testimonials

Once you've been to some classes or a Teething Ring group, how about sending us a testimonial to display on our website? You can either send it via email, the contact us page on the website or Facebook.

More classes in Staines

We are still in negotiations with The Thames Club in Staines to establish 2 more indoor classes and hope to have news very soon!

Don't forget to follow us on Facebook and/or Twitter for useful information and updates!

Any feedback is welcome at any time either in person or via email to mumplusone@fastmail.co.uk. We'd be delighted to hear from you and welcome any tips or suggestions so we can ensure you get what you want from us.