



Mum plus One

Fit for birth, fit for baby!

Pregnancy and Postnatal Fitness and Well-being

www.mumplusone.net

April 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!

5...4...3...2...1...Blast off!

March was very exciting and saw the launch of Mum plus One classes in Staines and Englefield Green and we are now working on advertising our sessions to increase class sizes over the coming weeks.

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.

Tell all your friends about us and for each one that signs up for a term you get a free session!

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?!

You can also bring your baby along to any of the sessions. For the indoor class babies will need to be strapped into a car seat or pram for safety. The babies are entertained by the music and love to watch their mummies dancing around. You can go to them as often as you need to make sure they are OK.

If you have any particular piece of music or artist you like, let us know as we'll try and use them in our classes.

Visit www.mumplusone.net for details of classes.



Teething Ring Social Group

We are pleased to announce that a new social group called Teething Ring will start during April. This is a free group where mums-to-be and new mums can meet up and have a chat about their experiences, exchange tips and learn from each other.

Meetings take place from 10am – 11am

First Tuesday of the month The Village Centre, Englefield Green

Third Tuesday of the month The Three Horseshoes, Laleham



Easter Family Fun

Over Easter we hosted a free walk along the Thames from Laleham to Penton Hook Lock and back again. We had a really fun afternoon (eventhough the weather was a bit on the blustery side!) and had positive feedback about trying to do something like it in the future so thinking caps on and let us know if you have any ideas about what we could do.

So what's next?

BLOG

Blah, blah, blah... We've just started a Mum plus One blog which will be updated periodically so keep an eye out for interesting pieces of info and stories. We have a guest feature blog from Busylizzy on our site at the moment – Becoming a mother.

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. Tell us where you found our adverts (so we know what's working) and also shout if you know of somewhere else that would be a good place to advertise.

We will be promoting Mum plus One at the NCT Nearly New Sale on Sat 25th April at Egham Leisure Centre so come and find us to say hello if you are going to be there. Take a few flyers and hand them out to friends and family and spread the word about us. Word of mouth is the most powerful advertising tool out there and we need your help please!

TESTIMONIALS

Once you've been to some classes or a Teething Ring group, how about sending us a testimonial to display on our website?

MORE CLASSES IN STAINES

We are currently in negotiations to establish 2 more indoor classes in Staines so watch out for news very soon!

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.