



# The busy moms' workout

## WITH KIDS IN TOW, MOMS WORK IT OUT

By **CARY ASPINWALL**  
World Scene Writer

Most new moms want to lose their baby weight, but finding time to exercise with an infant or toddler is tough.

Many gyms offer on-site day care for parents who want to exercise, but for some moms, their babies are too young, too fussy (or too precious) to be left with strangers. Or the parents may have given gym day care a try, only to be yanked off the treadmill after 10 minutes when the staff can't calm down their screaming baby.

So now a host of gyms and trainers are offering workouts that allow moms to bring the kids along — or work out together. It's a flexible option that many mommies are finding a welcome relief — a little "me" time with baby safely in sight.

Melissa Morrill, owner of Natural Lullabies, at 81st Street and Harvard Avenue, said her business offers a Mommy & Me yoga class for mothers with children ages 2 and younger to give moms a "less stressful" workout option.

"It makes it a lot easier for moms with young children to get a workout in," Morrill said. "It's a different kind of yoga with babies there — but it's the best of both worlds."

Moms can hold their babies during the class, keep them nearby in a carrier or take breaks for babies who are crying or hungry.

"Beyond the physical health benefits, they're getting some time with other moms, and a little bit of time for themselves," Morrill said. "It gives the moms an outlet beyond the feeding/diaper changing/sleeping schedule, and some emotional support. A lot of good friendships are made here."

St. John Medical Center's Moms in Motion program offers total body conditioning classes for moms with babies — and older children.

Kendra Holmes-Morris, Moms inMotion fitness instructor, said the program doesn't have an age limit for the children because so many moms with newborns also have toddlers and older children at home. Giving

moms the option to bring all their kids keeps it flexible, she said. For those who have young infants in tow, the class goes on stroller walks in warmer weather and sometimes uses holding their infants during workouts to build upper-body strength, Holmes-Morris said.

"They love it," she said. "The moms always want to bring friends, and it's a fun workout, not just strenuous. It's good to get (the moms) to talk, and get out and about and do something for themselves with the babies and kids — and it makes them feel good about themselves and have more energy."

ShaRhonda Crow and her friends enjoy working out with their babies and toddlers in tow at the stroller workout for moms offered twice a week by trainer Leslie Ward at Nienhuis Park Community Center in Broken Arrow.

"It is a fantastic opportunity for mothers who need and want to workout, but do not have arrangements for their children," she said. "Also, the kids learn the importance of exercise. We have one little girl who is almost 2 and mimics the exercises we do!"

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### Mom-and-baby workouts

#### Natural Lullabies' Mommy & Me yoga

8210-A S. Harvard Ave., 488-9969.

- \$10 drop-in, \$45 for unlimited monthly classes.
- Call for membership rates.
- Tuesdays and Thursdays, 10:30 - 11:30 a.m.

**Also offers:** Moms-only yoga with child care, and diaper yoga for babies.

#### Moms in Motion

##### Mom and baby total body conditioning

St. John Siegfried Health Club, 1819 E. 19th St., 744-2484.

- Tuesdays and Thursdays, 10-11 a.m.
- \$25 application fee, \$50 per month.
- \$20 per month for health club members.

**Also offers:** Prenatal yoga and aquatics.

#### Stroller workout for moms

Nienhuis Park Community Center, Lynn Lane between 51st and 61st streets, Broken Arrow, 259-6550.

- Mondays and Wednesdays, 10-11 a.m.
- \$35 for 8 sessions.



CORY YOUNG/Tulsa World

Infant Jackson Copley and his mother, Amanda Houk-Copley, participate in a headstand exercise during a yoga session at Natural Lullabies in Tulsa.



Mothers Carrie O'Hara (left), and Stacy Houtman do exercises during a stroller workout class for moms at the Nienhuis Park Community Center in Broken Arrow. Watching is O'Hara's 2-year-old daughter, Cydnee.

JAMES GIBBARD/Tulsa World

## fitness guinea pig

by cary aspinwall

### Workout:

Lunch Crunch at the YWCA Patti Johnson Wilson Center, 1910 S. Lewis Ave.

### What it is:

A 30-minute ab workout you can do on your lunch break.

### When you can go:

Tuesdays and Thursdays at noon. First visit to YWCA is free, \$5 drop-in fee afterward. Call 749-2519 for membership rates and special promotions.

### It's best for:

Anyone who needs to trim love handles or doesn't have much time to workout.

### Gear needed:

Athletic clothes and shoes.

### Degree of difficulty:

on a scale of 1 to 4 sneakers

### Degree of fun:

on a scale of 1 to 4 sneakers

### Fitness Guinea Pig says:

Because who amongst us does not have issues with our abs? (Those of you with six-pack washboards, shut up.) If you're among the legions of folks dreading bathing suit season (FGP feels your pain), why not put down the burger or coney at lunchtime and head over to the YWCA instead? Instructor Kristi Bush (who has fab abs) will lead you through a 30-minute workout that will help get your midsection back in shape. And most people don't get that sweaty, so if you don't have time to shower, you can just change back into your work clothes. Then head back to your office, feeling smug that you didn't give in to french fry and ice cream temptation on your lunch hour — you worked on your abs. Yes, it means a little soreness the next day and saying no to the evil temptations that come with lunchtime (chicken fried steak at the Blue Dome Diner!) — but you didn't really plan to get ready for swimsuit season by just eating one Girl Scout cookie instead of three, did you?

Is there a workout or exercise you want the Fitness Guinea Pig to try first? Send suggestions to cary.aspinwall@tulsaworld.com or call 581-8477.



JAMES GIBBARD/Tulsa World

Instructor Kristi Bush (top) leads a lunch crunch workout at the YWCA Patti Johnson Wilson Center in Tulsa.

## lunch bunch

### 100 PERCENT WHOLE-WHEAT BREAD

We tested three 100-percent whole-wheat breads to identify the sliced offering that didn't make eating whole-wheat bread akin to eating your vegetables. In the process, we didn't mess with butter or the like, we simply wanted to taste the breads in their native states.

#### Pepperidge Farm

110 calories, 1.5 grams fat, 150 milligrams sodium, 20 grams carbohydrates, 3 grams dietary fiber per slice  
**Grade:** A-

We agreed that Pepperidge's slightly sweet flavor matched with a hearty texture made it the top pick.

#### Sara Lee

120 calories, 1.5 grams fat, 210 milligrams sodium, 21 grams carbohydrates, 3 grams dietary fiber per slice  
**Grade:** B

JAMES GIBBARD/Tulsa World

The thickest slice of the three samples is rather undistinguished, but didn't have the slight bitterness of the Oroweat. Slices had a nice amount of texture and nuttiness.

#### Oroweat

100 calories, 1 gram fat, 210 milligrams sodium, 19 grams carbohydrates, 3 grams dietary fiber per slice  
**Grade:** C

It wasthefluffiest of the bunch but its slight bitter flavor turned us off.

Compiled by Matt Gleason and Natalie Mikles. If you have a suggestion for Lunch Bunch, send an e-mail to kim.brown@tulsaworld.com.

