

# Join the **buggy**movers

**If your daughter is a young mum, or you are one yourself, how about going down to the park and joining Buggymovers?**

All year round, in almost all weathers, mums across Kirklees take part in outdoor, all round body workouts with Buggymovers – and bring baby with them. Grandparents and dads who are looking after the baby are welcome to join in too.

**Each session involves brisk walking, stretching, strength work and some cardio-vascular exercises, finishing with a cool down.**

Buggymovers co-ordinator, Gill Logan, said: "It's a great way to meet new friends and get useful tips and techniques for general fitness, better posture, and safe lifting. The sessions are good for women who have just had a baby but are also ideal for grandparents or dads, who are looking after the baby, and fancy more of a workout than a simple walk in the park."

**Renee Smith, of Marsh, who joins in Buggymovers with baby Lucy, said: "Buggymovers is a fun workout and it was a great relief to find something like this on my doorstep. This is my first baby so it's nice to meet other mums and chat. Being able to bring Lucy along is really important and takes away the pressure of having to find childcare."**

Visit our Facebook Page

**Buggymovers**



Renee Smith, from Marsh,  
with baby Lucy

**You can find Buggymovers sessions at the following locations:**

**Cleckheaton Library, Cleckheaton.  
Spensborough Pool, Cleckheaton.  
Wilton Park, Batley.  
Greenhead Park, Huddersfield.**