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Colorado Fitness & Pilates Expert Releases New Fitness Program for New Moms
Post-Natal Pilates is the Focus of New DVD by Lauri Ann Stricker

(Denver, CO – August 18, 2008) Lauri Ann Stricker, one of Colorado's foremost experts in Pilates and fitness, announces today the commercial release of her latest DVD *Pilates with Your Baby* featuring workouts designed for the unique needs of new mothers. With her post-natal routine, Stricker builds on the traditional Pilates Method exercises and provides new mothers with guidance on cultivating core strength while connecting with their child.

The DVD is the latest endeavor by Stricker, a seasoned instructor, avid rock climber, mother and author of *Pilates and the Outdoor Athlete* (Fulcrum 2007). Stricker developed her latest workout using the same specialized approach employed when developing workouts for outdoor athletes -- creating exercises to meet specific physiological needs. *Pilates with Your Baby* focuses on exercises needed to help new mothers counterbalance postural changes resulting from the demands of pregnancy and motherhood.

"One the top reasons Pilates and post-natal fitness go together so well is that Pilates is great at building core strength," says Stricker. "During pregnancy, your abdominal muscles may have weakened, leading to poor posture. After giving birth, the physical stress may have changed but there are other pressures for new mothers – from breastfeeding to less sleep to more emotional stress. Pilates targets the muscles that may be fatigued during pregnancy and the post-natal period, giving new mothers strength to perform every day tasks."

Pilates with Your Baby offers three levels of workouts based on the mother's level of fitness. The exercises are demonstrated by Stricker with her son, Noah, and show new mothers how to use their workout as an opportunity for play and interaction.

"Being a mother places new demands on our time, so it's important that we multi-task whenever possible," says Stricker. "My workout offers moms a chance to gain back their strength while bonding with their child."

The DVD is available to order through Amazon.com or www.pilateswithyourbaby.com.

About Lauri Ann Stricker

Lauri Ann Stricker is a certified, classically trained Pilates instructor, recognized by the Pilates Method Alliance. Lauri is the owner of Evergreen Pilates, and the author of *Pilates for the Outdoor Athlete* (Fulcrum 2007). Her mission is to maintain the integrity and excellence of Joseph Pilates's Method and to facilitate greater health and well-being in her clients, many of whom are new mothers.

About Pilates

Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body. Developed in the early 20th century by Joseph Pilates, the method focuses on the core postural muscles that help keep the body balanced by supporting the spine. Today, there are 12 million people who practice the discipline regularly in the United States.