

Do you want to be a **Yummy Mummy?**



Introducing **Yummy Mummy Fitness** - a new health and wellbeing program designed to get you looking great, feeling fabulous, and bring out the inner “yumminess” in you!

Yummymummy
FITNESS 



You don't have to be a superwoman who fits into her size 8 jeans just three weeks after giving birth to be considered a Yummy Mummy.

A true Yummy Mummy looks after herself as well as her family, she understands the importance of taking regular time out and looking after her own wellbeing. She doesn't have to be gorgeous all the time, just a little interested in being mildly fabulous!

Yummy Mummy Fitness is not just an ordinary stroller group - it's a fantastic way to build a social support network with other mums, make lifelong friends, enhance the bond with your baby, and learn important life skills that you can pass onto your children.

Yummymummy 
FITNESS

TRY YOUR FIRST CLASS FREE

Call Margaret on **0422 189 345**
www.yummymummyfitness.info