

Samara's story with Walking Mums Fit-prams



I became a mum in October 2009 and during those first 6 weeks of being a new mum, I felt myself becoming isolated within my own home. I wondered if there were any pram walking groups within my community that I could go out into the fresh air and to see the sun shine. I only came across groups that had personal trainers and charged a fee. While these groups sounded great, what I really wanted was a lovely group of mums to walk around my local park and share stories and experiences with.

After meeting my mums group for the first time in January 2010, I found myself out walking regularly with them at our local park! I soon thought surely there are other new and existing mums out there who are looking for the same thing!

This is when Walking Mums Fit-prams was born. On March 1st 2010 we made our way on our first walk! What a great start we had 6 mums come along and many of which have become regulars. Walking Mums Fit-prams has recently taken on 2 new locations with mums enquiring about starting their own walk with Walking Mums Fit-prams every week. We have had a great deal of interest from others who now have become supporters and sponsors.



Please head over to our web page www.fit-prams.org for more information about Walking Mums Fit-prams.