



# Attention New Moms!!

**Are you looking to get back in shape or improve your overall health and fitness?!?** Then consider the **Active Chiropractic Team!** We are here to help you improve your:

- Muscular strength and endurance
- Cardiovascular health
- Flexibility, mobility and balance
- And functional capacity!

Our classes are geared to your every need! **You are welcome to bring your little one(s) to the class** and our trainers will keep an eye on them as you get your workout in! We want to promote an encouraging atmosphere where moms can take time for their health and fitness and make new friends!

Classes incorporate exercises for all major muscle groups to encourage full body toning, with an emphasis on **re-engaging the core muscles!** We will also work on improving balance and stamina to **help you keep up with your little one(s)!**

Each **FitMom BootCamp** participant has the opportunity to complete an initial consultation (included in your membership package) which includes a Functional Movement Screen to assess your movement patterns, a muscular endurance test, a cardio step test, and body measurements, weight and body fat percentage (if you'd like).

**You will also receive a personalized program** (based on your results from the movement screen) to help you become more balanced and move more efficiently during class and daily life!

**Want more information?** Please:

- Stop by our building (1169 Pembroke Street East K8A7R4);
- Check out our website ([www.active-chiropractic.org](http://www.active-chiropractic.org)) or;
- Give us a call (613-732-9215) &/or email ([info@active-chiropractic.org](mailto:info@active-chiropractic.org))!



We will happily give you the information you need to get your newfound health and fitness started! Don't wait; **start reaching your goals today!** Put your health first so you can be at your best for your family and for yourself!

We look forward to working with you!

**“It’s important to take time for YOU!”**

**Contact Us:**

**Ph:** 613-732-2195

**Website:** [www.active-chiropractic.org](http://www.active-chiropractic.org)

**E-mail:** [info@active-chiropractic.org](mailto:info@active-chiropractic.org)