



COLUMBUS parent

Your trusted resource since 1988.

Columbus Parent has garnered national recognition from the Parenting Publications of America as one of the top parenting resources in the United States since 1998. It is in the large circulation category (65,000 at approx 700 locations in Central Ohio) and also won top honors for 2003 from Suburban Newspapers of America.

Columbus Parent featured Pilates for Moms in its 'Newest and Neatest' section of the Feb 2006 issue.

'Pilates for moms'

Helping mothers to get back into shape after childbirth, this safe, gentle and motivating program includes three workouts that gradually increase in intensity. Whether it's been three days, three months or three years since childbirth, this DVD can help moms regain strength, posture and figure. Recovery from Caesarean section plus pelvic floor and abdominal muscle re-education are also explained. DVD also contains a printable exercise chart to help moms achieve their fitness goals.



Pilates for moms is available online at www.borders.com for \$26.99.