

## White Lake's TPOP Fitness Offers *Mom & Tot Boot Camp*

TPOP Fitness is announcing their MOM and TOT Boot Camp, offered to mothers 6 weeks post-pregnancy and their 6-24 week children. The exercise program is designed for mothers to get their children into healthy habits at an early age, in addition to bonding with the child and meeting other moms. The camp will be taught by Tammy Lynn Popchock, a Certified Personal Trainer and Pre/Post-Natal Fitness Specialist with a degree in Exercise Physiology.



"With the lack of sleep, schedule changes and bouts of depression," explains Tammy, "new moms need social interaction and the support of other moms. In addition, children learn from their parents' behaviors. Beginning an exercise program and including their child at such an early age will help to instill healthy habits."

The routines will take place indoors and outdoors and will focus on using one's own body weight for strengthening. The low-impact classes follow the guidelines for post-partum exercise and are suitable for everyone, whether or not exercising was done before the pregnancy. Furthermore, activities will focus on the abs, endurance, strength and total core conditioning.

*TPOP is located in White Lake and offers other services that include Yoga Flow, Personal Training and Fitness Boot Camp. For more information, visit [www.TPOPfitness.com](http://www.TPOPfitness.com) or call 800-569-4227. See additional classes in the Ongoing Calendar section.*

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