

STROLLING TO FITNESS

The "Boot Camp" concept of fitness and weight loss is alive and well, and here's a version for new mothers. It's called Stroller Boot Camp, and it means there's no need to pay for gym membership or babysitters for new babies. It's run by Ponsonby physio and fitness company re:ab, and while there's no dragging the stroller over barbed wire obstacles, it is used as an integral part of the workout. Costs \$20 a session www.reab.co.nz

