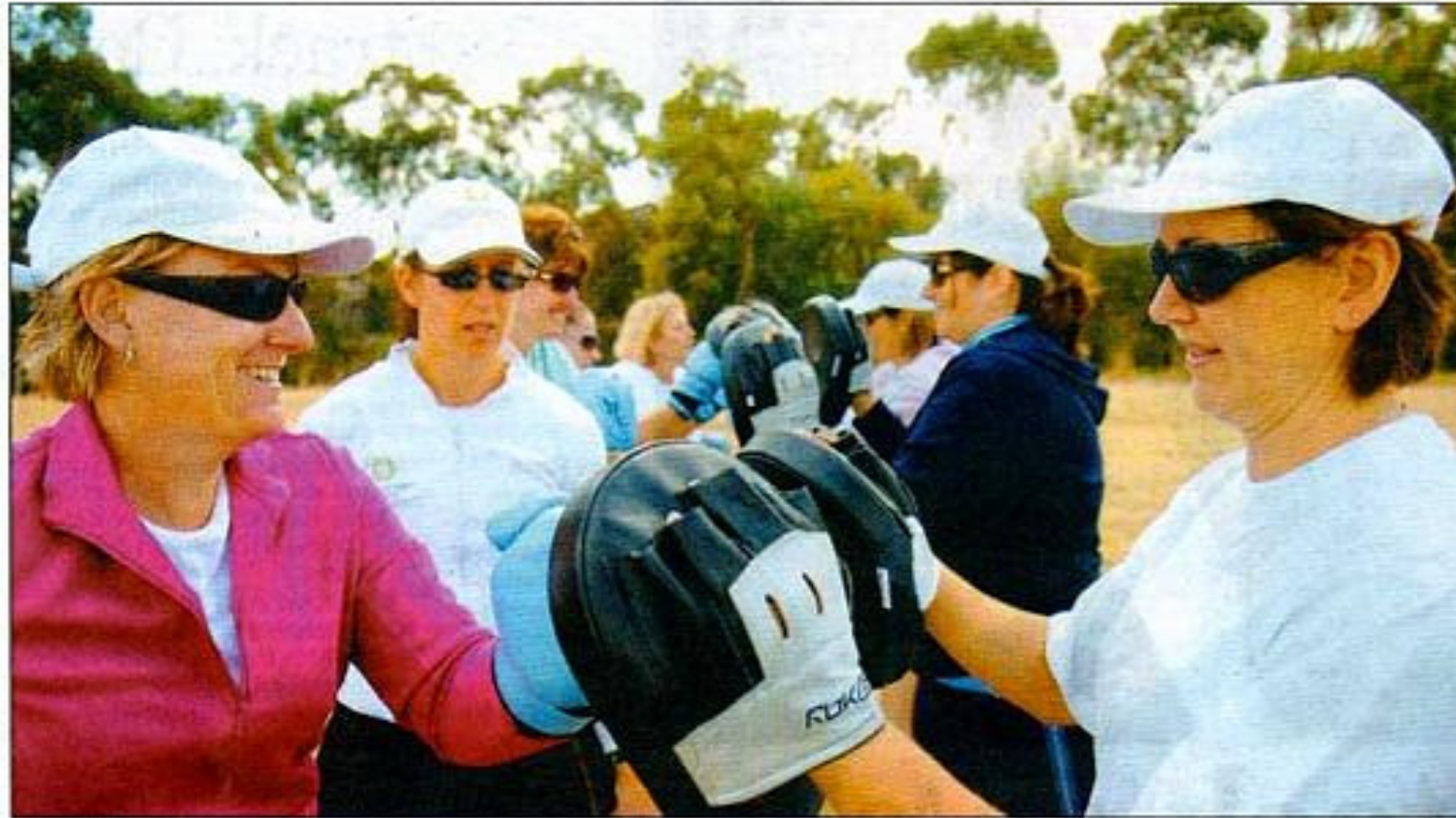


# Mums bring back the biff



Di Bullingham (right) puts one of the mums through her paces on Wednesday.

Picture: CARMELA ROCHE

## STACY THOMAS

A TEAM of nine mums are pummelling away their cares, and a few inches from their waistlines, in a new exercise class designed specifically for their needs.

"I wouldn't miss it for anything," one of the mothers said.

"It's a completely different experience to going to a gym and we're all very supportive of one another.

"Rain, hail or shine we're determined to keep fit."

These sentiments are echoed through the group's trainer, Mind Body Motion fitness professional Kaz Muddell.

"We have sessions at Rouse Hill's Centenary Park every Monday and Wednesday mornings," she said.

"We started with just two mums, now we're up to nine and word is spreading in the community.

"The group can often be seen running around the oval with strollers and the playpen is set up as they train."

Ms Muddell said the class was definitely a social outing for many of the members.

"The conversations are realities of life - vacuum cleaners, husbands, children and much more," she said.

After having three children, Nichole Leach, was looking for an

outdoor exercise activity to regain her fitness. She needed something that could accommodate her children while she was busy training.

"Getting something like that set up was proving almost impossible," she said.

"Now, these classes are a great way of showing my children that being fit and healthy are a part of life. It's not just about exercising."

Details: [mindbodymotion.com.au](http://mindbodymotion.com.au)