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BABY BOOT CAMP® RECOGNIZED AS PREGNANCY FITNESS LEADER IN AFAA® PUBLICATION

National fitness and nutrition program cited in 5th edition
of fitness theory and practice textbook

SARASOTA, FL Oct. 30, 2012 – Baby Boot Camp, the stroller fitness and nutrition program for new moms, has been recognized for the benefits of its community-building efforts in the newest edition of the AFAA textbook "Fitness: Theory and Practice."

Delivered by nationally certified fitness professionals, Baby Boot Camp stroller-fitness classes combine strength-training exercises with cardiovascular drills in 60-minute sessions. Pilates, yoga and abdominal exercises help improve core strength.

"Baby Boot Camp is honored to be included in a such a well-respected fitness publication," says Kristen Horler, CEO and founder of Baby Boot Camp. "Baby Boot Camp is not just about losing weight, and that AFAA recognizes the importance of the mental and physical health of pregnant women further solidifies our commitment to our prenatal program."

In addition to STROLLERFIT and STROLLGA stroller fitness classes, Baby Boot Camp offers a 5K Training Program and Nutrition Solutions, a 4-week nutrition program for women, as well as StrollerFriends®, a free moms' club to support healthy families.

AFAA's "Fitness: Theory and Practice" is the official preparatory textbook for AFAA's Primary Group Exercise Certification v4 exam and features expert advice on anatomy, kinesiology, injury prevention, nutrition, sports psychology and more.

About Baby Boot Camp® and Karna Fitness®
Baby Boot Camp was created in San Francisco in 2001 by Kristen Horler to balance the fitness needs of new moms with their desire to spend time with their children. Baby Boot Camp follows the guidelines set by the American College of Obstetrics and Gynecology and the American Council on Exercise. Horler released a second franchise brand, Karna Fitness, in 2010, delivering private, small-group training for women. For more information or to find the nearest location, visit **babybootcamp.com** and **karnafitness.com**.

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