

Fit to Push

Early Years



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Fit to Push

Exercise in good company

walking with baby and buggy

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LUTON



## Fit to Push

*This pushchair or buggy walking programme is aimed at new mums, parents or those who just want to walk to get fit.*

It's a great way to get out and socialise whilst getting back into shape.

No equipment required just some comfortable clothes and shoes.

All abilities welcome.

### For more information:

**Sessions are available across the town.**

**Call now to find your nearest venue**

**Tel: Active Luton on 01582 400272**

**or the Early Years Team on 07809 436601**

This class has been risk assessed by each centre

**Early Years**

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[www.activeluton.co.uk](http://www.activeluton.co.uk)