

EAST VALLEY MOMS GUIDE TO MOM-FOCUSED WELLNESS

# ***STRONG LIKE A MOTHER***



EAST VALLEY MOMS™

# *STRONG LIKE A MOTHER*

A GUIDE FOR MOMS PURSUING WELLNESS IN 2021

As we look into 2021, several of our contributors have shared wellness goals they're pursuing.

- Megan is getting back an exercise routine as she plans to be pregnant in 2021 with baby #2
- Chauncey has committed to refocusing on a gluten-free, dairy-free diet, as she knows she feels better when she eliminates those foods from her body
- Kirstina is working on getting a headstand in yoga
- Kim is working towards 5 unassisted and unbroken pull ups (she's at 3 right now)
- Amy is ready to build up her strength after stepping away from lifting since before her pregnancy
- Cara is aiming to hit 500 barre classes by the end of 2021 (she's currently at 200!)

At EVM, we believe it's never about a number when it comes to wellness, but pursuing a lifestyle that makes you as a mom feel strong, confident and healthy to be able to play with your kids, keep up with them and model habits that will inspire them.

While talking about wellness goals is one thing, pursuing health was difficult enough before kids, but throw in childcare needs, nap schedules and the ever-present macaroni and cheese, and it's even more challenging to create new habits and routines to reach goals.

We've curated our favorite mom-friendly wellness resources across the East Valley to support you wherever you need the extra push—moving your body or fueling your body.



# CROSSFIT PERCEPTION

THIS IS ONE OF THE BEST BOXES FOR CROSSFIT ACROSS  
THE EAST VALLEY FOR MOMS

Owner Henry and his coaches at Crossfit Perception are dedicated to safely training mamas during pregnancy, post-partum and wherever you are in your fitness journey. Lifting heavy weights can be intimidating, but this box is welcoming and supportive for the full family unit.

With an on-site, complementary kids room, Crossfit Perception aims to make it as easy as possible for moms to get their workout in. The kids room is well stocked, and even has WiFi and a TV.

Our very own contributor, Kira Henning, has worked out here for years, so it's been tested by our very own and her four kiddos, giving it their stamp of approval.

EVM special intro rate:

2 free weeks if you sign up for a month or 1 free month if  
you buy 3 months in January.

KIRA AT  
CROSSFIT  
PERCEPTION  
DURING HER  
LAST  
PREGNANCY





## *NUTRITION COACHING*

MEET CHRISSY, A REGISTERED DIETICIAN AND MOM OF TWO BOYS WHO UNDERSTANDS HOW EASY IT IS TO FINISH THE DINO CHICKEN NUGGETS

This Arizona transplant is a registered dietitian, nutrition coach and ultimate foodie, who teaches women how to nourish their bodies and enjoy food through her proven anti-diet approach.

Chrissy is one of the sweetest, supportive women we've met, and she's here to help improve your health, feel your best and have confidence in eating foods you enjoy so that you don't have to ever diet again.

As a mom herself to two little guys, she knows first-hand that mamas have enough on their plates to have to worry about calories and diets. If you're looking for education, accountability or support in your journey of creating a healthy relationship with food, Chrissy is your girl!

Join Chrissy's Facebook group for nutrition tips, weekly food challenges and to connect with like-minded moms pursuing a nourished plate. Search "Chrissy Williams Nutrition Coaching Community"

CHRISSY HELPS  
MOMS FEEL  
EMPOWERED TO  
MAKE HEALTHY  
EATING  
CHOICES



# VIBE BARRE

OWNER VICTORIA STARTED HER OWN BARRE STUDIO TO CREATE AN EMPHASIS ON BODY POSITIVITY WHERE EVERY MOM FEELS COMFORTABLE

New to Northeast Mesa, Vibe Barre has quickly become three of our contributors regular studio--it's that good.

We love owner, Victoria, who is easy to talk to, super supportive and welcoming no matter your fitness level. She emphasizes a non-competitive environment which felt so welcoming as it was one contributor's first workout since having her baby.

What's better, childcare is on-site and run by Victoria's mom. It's a family-owned business that feels like family. 45 and 60-minute classes are offered, as well as Barre Bounce, which is barre on a trampoline, how cool is that?!

EVM special intro rate:

Try one week free, and mention us to get free childcare that week, too!

STUDIO  
CLASSES ARE  
LIMITED TO 8  
FOR SAFE  
SOCIAL  
DISTANCING





## *BURN BOOT CAMP*

WITH COMPLEMENTARY CHILDCARE, 1X1 NUTRITION COACHING AND MULTIPLE EAST VALLEY LOCATIONS, WE CAN'T RECO BURN BOOT CAMP ENOUGH!

Fitness is about more than movement, especially for moms. It's about loving ourselves right now and being inspired by who we're becoming so we can pass that along to our family.

Burn Boot Camp empowers women to maximize the quality of their lives by building confidence, happiness, and a community of mentally, emotionally and physically strong women. Featuring a constantly-changing mix of cardio, HIIT, and strength training, you never get the same workout twice.

Camps are offered multiple times throughout the day, last 45 minutes, and each workout comes with complementary childcare so your kids can learn, play, and grow while you work out.

EVM special intro rate:  
Try 7 days free, or try four weeks for \$69

CONTRIBUTOR  
KIM IS NEARLY  
TO HER 200TH  
CLASS AT BURN  
BOOT CAMP





## *FARM TO FRIDGE PRODUCE DELIVERY*

GET FRESHER-THAN-GROCERY STORE FRUITS AND VEGGIES DELIVERED TO YOU

Now available Valley-wide, Bird Dog Produce is a local Phoenix food delivery service. This service allows customers to build a completely customizable produce box from a cornucopia of 80+ of the best-selling fruits and veggies available year-round, including organic options, hand selected from farms across Arizona and beyond, and delivered from the field directly to your doorstep within 24 – 72 hours of being harvested--a full week fresher than most produce purchased from traditional grocery stores.

Featuring convenient online ordering and contactless delivery, Bird Dog Produce is committed to ending hunger here in the Valley, donating one box to local food charities for every five boxes purchased to local charities.

Deliveries are contactless and each box is insulated to remain chilled for several hours, even in the middle of Arizona summers.

CUSTOMIZED  
FARM-FRESH  
BOXES FROM  
FIELD TO YOUR  
FRIDGE IN 24  
TO 72 HOURS

