

EAST VALLEY MOMS GUIDE TO MOM-FOCUSED WELLNESS

STRONG AS A MOTHER



EAST VALLEY MOMS™

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A GUIDE FOR MOMS PURSUING WELLNESS IN 2022

As we look into 2022, the EVM teams has shared wellness goals they're pursuing:

- Amy is set on increasing her muscle mass through heavy lifting—2021 was her warm-up year getting back into CrossFit after an 8 year hiatus.
- Cara has a goal to run a 5K at some point in 2022, continue to maintain her 115 pound weight loss and lots of Barre3.
- Lindsey is buckling down her nutrition with a macros coach is and challenging herself to earn a Peloton gold badge for cycling 150+ miles monthly in 2022
- Megan is adjusting to life postpartum with two little guys and is training for a 10 mile run remotely with her Minnesota bestie.
- Ashley, Lindsay and Kira are all cycling 200 miles in January as a benefit for St. Jude.
- Kim is shooting for 250 Burn Boot Camps again this year!
- Britt is looking to be more intentional with what she says 'yes' towards to protect her energy and time commitments for more balance in the new year.
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We're firm believers that wellness is best when it's focused on mamas feeling their best: physically, mentally and emotionally.

If this is the year you're looking to make changes to your health, we've scoured the East Valley for the most supportive gyms and coaching for moms.

Between all of us here at EVM, we've tried a lot of gyms and we developed this guide for the best ones that guarantee you to feel welcomed, encouraged and inspired to be well, and we think you'll probably find a new tribe of friends, too!



TWO OF US
ALSO BUILT
HOME GYMS
THIS YEAR,
HERE'S KIRA'S
GARAGE SET-UP



CROSSFIT PERCEPTION

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

Kira has been going to CrossFit Perception for years and in 2021, convinced Amy to join her after Amy took an eight year break from CrossFit.

The community this CrossFit box offers to moms is unreal--they host holiday parties with kids programming (Halloween, Christmas, etc.) and there's always at least one kiddo at the gym to play with our kids when we go workout. Everyone knows Mav, and when I first started going the other moms would literally hold him and sing to him while he screamed just so I could get my sets in. Literally the nicest gym community of supportive humans I've ever been to.

Owner Henry and his coaches at Crossfit Perception are the most welcoming and encouraging coaches I've seen at a box. Lifting heavy weights can be intimidating, but the other clients are 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.

TWO OF US
HAVE BEEN
WORKING OUT
HERE FOR
MORE THAN A
YEAR

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.





EVOLVE MACRO COACHING

MEET NOELLE, A MACROS COACH WHO'S BEEN THERE: THE 30-SOMETHING BLOAT, WEIGHT GAIN AND FATIGUE THAT SUCKS THE FUN OUT OF OUR DAYS

Whether your goal is to develop healthier eating habits, heal your relationship with food, gain muscle, fat loss, or needing the accountability and support to make a change, Evolve Macro Coaching is here to help.

Learning new eating habits can be overwhelming at first. Noelle offers 1-on-1 macro coaching using a customized app with 24/7 private and group messaging to help moms reach their individual goals.

- Custom Nutrition - customized and tailored for you and your specific goals
- Accountability- Weekly Check Ins with Noelle every week. Weekly macro adjustments based on how your body responds.
- Results- 100% Results guaranteed if YOU DO THE WORK. Consistency over perfection.

Lindsey has been using Evolve Macros for a few months and loves the daily check-ins and menu advising she can use from Noelle.

NOELLE'S
BACKGROUND IN
SPORTS
PSYCHOLOGY
ENSURES SHE
APPROACHES
CLIENTS WITH
MIND-BODY
CONNECTIONS



PURE BARRE DANA PARK

BARRE IS THE PERFECT BUSY MOM WORKOUT TO US--YOU GET A FULL BODY WORKOUT AND STILL LOOK FRESH ENOUGH TO RUN ERRANDS AFTERWARDS

Pure Barre offers 50-minute total body workouts that are low impact, plus they're ideal for pregnant and postpartum mamas looking to get back into the groove.

Pure Barre Dana Park offers a foundations class for first-timers so that you're empowered when you show up for class. What's more, they're seriously so nice. After Ashley and Amy's first class, the instructor stayed after to check-in with us and offer us words of encouragement.

With another location at San Tan Village, Pure Barre also offers in-person and live virtual classes, because sometimes it's just hard to leave the house with kids.

Try your first class free when you book your spot online on their website. Or, we also spotted them on Groupon recently for a 10-class pack!

ASHLEY JUST
JOINED PURE
BARRE DANA
PARK TO
COMPLIMENT
HER CYCLING
GOALS FOR THE
NEW YEAR





RISE FITNESS

THIS HUSBAND & WIFE DUO OFFER PERSONAL TRAINING AND SMALL GROUP TRAINING SESSIONS IN THEIR INCREDIBLE PRIVATE SPACE IN GILBERT

Britt, Ashley and Amy joined together (with Mav overseeing) for small group training with co-owner Ashley at Rise Fitness and it was the most fun workout any of us have done in a long time.

Offering both private and small group (up to three people) training, Rise Fitness is certified in women's health, corrective exercise and nutrition coaching, and helps clients postpartum, post-surgery and also those who are seeking a personalized guide to being healthier.

The group fitness classes are a cost-effective way to catch-up with busy mom friends, which was a win for us. What's more, they set-up clients with accountability measures that are inspiring and exciting to work towards with monthly scans on their own InBody Test machine.

Trainer Ashley shared her endometriosis story with us, and if you're going through your own journey facing the impacts of this condition, consider coming to RISE where she's a first-hand expert in how strength training can help symptoms.

THE OWNER
ASHLEY
STRUGGLED WITH
ENDOMETRIOSIS
AND STRENGTH
TRAINING IS
WHAT HELPED
HER





PREPPED AZ

THIS HUSBAND/WIFE MEAL PREP COMPANY COOKS UP MEALS IN MESA AND OFFERS PALEO, VEGAN AND AIP MEALS IN FAMILY SERVINGS AND INDIVIDUAL PORTIONS

Three mamas on the EVM team have been eating Prepped AZ meals over the past year and we're happy to report they're one of our favorite meal delivery services in the East Valley.

Here's a few of the features that keep us ordering from Prepped AZ:

- They offer family-sized portions that make it easier to feed our families the same meals for a better family dining experience.
- Prepped AZ offers Monday deliveries (as well as Sundays) that work best for us who love weekend adventures and can't wait around at home for meals on Sunday.
- They rotate their menu so the options stay new and interesting from week to week.

use 'preppedpaleo' for 10% off your first order

THEY OFFER
SUNDAY OR
MONDAY
DELIVERY
OPTIONS





BURN BOOT CAMP GILBERT

CONTRIBUTORS KIM & JESSICA BOTH HIT 250 CAMPS IN 2021--THAT'S HOW MUCH THEY LOVE THE COMMUNITY AND CLASSES AT BURN BOOT CAMP

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 Gilbert empowers women to maximize the quality of their lives by building confidence, happiness and a community of mentally, emotionally and physical 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 workout.

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

FOLLOW US ON
INSTAGRAM TO
WIN A FREE
MONTH TO
BURN BOOT
CAMP GILBERT



BARRE HAS
TRANSFORMED
CARA'S MENTAL
APPROACH TO
EXERCISE, READ
MORE ABOUT HER
JOURNEY ON THE
BLOG



THE BARRE ACADEMY

MORE THAN JUST BARRE CLASSES, THEY OFFER NUTRITION COACHING, TEEN ATHLETE COACHING AND OFFER ON-SITE CHILDCARE

We were blown away with The Barre Academy's robust offerings not only for moms, but for kids and teens, too.

- Onsite childcare
- Teen athlete performance training
- Private and small group adolescent tumbling, cheerleading, gymnastics

While learning more about their boutique studio, we also were encouraged by their focus on mental wellbeing practices to support physical health.

For pregnant or postpartum clients, The Barre Academy teaches specialized pelvic floor work deep-abdominal activation tactics to improve lower back pain, provide spinal support throughout pregnancy, improve posture and balance, and aid in strengthening and recovery efforts.

As seasons ebb and flow with school routines, The Barre Academy offers class packs or monthly memberships for various time and budget concerns—another win in our book.

"Barre met me where I was. I was encouraged to modify movements to fit my needs, not shamed. I was told to take breaks and "come back stronger" instead of feeling guilty for needing to catch my breath." -Cara

