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Lullaby Exercises Keeps Moms Fit and Babies Happy

New DVD features fun and easy-to-learn exercises that are performed with baby snuggled in arms or baby carrier.

Alameda, Calif. – April 11, 2008 – Chicks-n-chickens (www.chicks-n-chickens.com) has hatched a fabulous new fix for fussy babies and “I want my pre-baby jeans back” mommies. Created by San Francisco Bay Area mom and exercise diva Darcy Novo Albrecht, *Lullaby Exercises* offers a new kind of workout for moms who want to take better care of themselves and their babes.

The 35-minute DVD features a series of fun and easy-to-learn movements that give moms what they and their babies need most—toning, soothing, bonding, and **sleep**. Moms wear a sling or simply hold their baby in their arms as they squat, shuffle and leg-lift through the high-energy “Groove” set and then slow it down as the “Sleep” set sends the little one into slumberland. *Lullaby Exercises* includes an audio CD of the original soundtrack by singer/songwriter Lisa Phenix so the sets can be performed in the nursery as easily as in the living room.

Chicks-n-chickens and *Lullaby Exercises* originated from Darcy’s desire to get back in shape after the birth of Reed, her first chicken. “With no time for the gym and a restless baby at hand, I started dancing around the house to get him to sleep...and the idea for *Lullaby Exercises* was hatched,” says Darcy.

Darcy turned her first cartwheel at age two and kept rolling with gymnastics, aerobics, and cheerleading—including six years as a national instructor, choreographer, and judge for the National Cheerleaders Association. In the *Lullaby Exercises* DVD, Darcy leads viewers through a series of exercises set to a bluesy rock soundtrack. Viewers warm up with a line dance and then go straight into a series of squats that tone the lower body while soothing the babies with an up-and-down motion. Abs and arms are featured within the cardio routine, then the tempo slows down as viewers relax, reflect, stretch, and rock the babies to sleep.

Lullaby Exercises retails for \$29.95 and is available at www.chicks-n-chickens.com and in select stores in Northern California.

About chicks-n-chickens

Chicks-n-chickens was founded in the San Francisco Bay Area in 2008 by Darcy Novo Albrecht to showcase the creative ideas and talents of some really cool “Chicks”. For more information, please visit www.chicks-n-chickens.com.