

# Stroller striders can keep active at mall

A free indoor walking program designed for people with strollers is being offered this winter at the Bayfield Mall.

The Barrie-Springwater Good for Life committee, in partnership with Bayfield Mall, is offering the program as an opportunity for parents and caregivers to be active during the coming winter months.

Every Thursday from 9:30 to 10:30 a.m., beginning Oct. 26, an instructor will lead the walking program, offered to anyone pushing a stroller. This hour-long program will offer all the necessary components for a full-body workout – some strength

building, flexibility and endurance activities – while incorporating a stroller into the routine.

The program will also offer an opportunity to meet others with young children and enjoy some social time while being active. As an added incentive for people to join, there is also a chance to win a \$25 gift certificate for Bayfield Mall for anyone who registers before Oct. 16. Registration is limited so sign up early to avoid disappointment. Good for Life is a partnership in Simcoe County whose goal is to support, organize and advocate for initiatives that help local residents eat well and stay active.