



# May Hero Profile 2019

**Children's Bill of Rights #5:** As the children and youth of San Luis Obispo County, may we each enjoy daily physical activity and time outdoors.

**MAY'S HEROES**

**Lauren Bray & Lauren Skaar**

**PASSION**

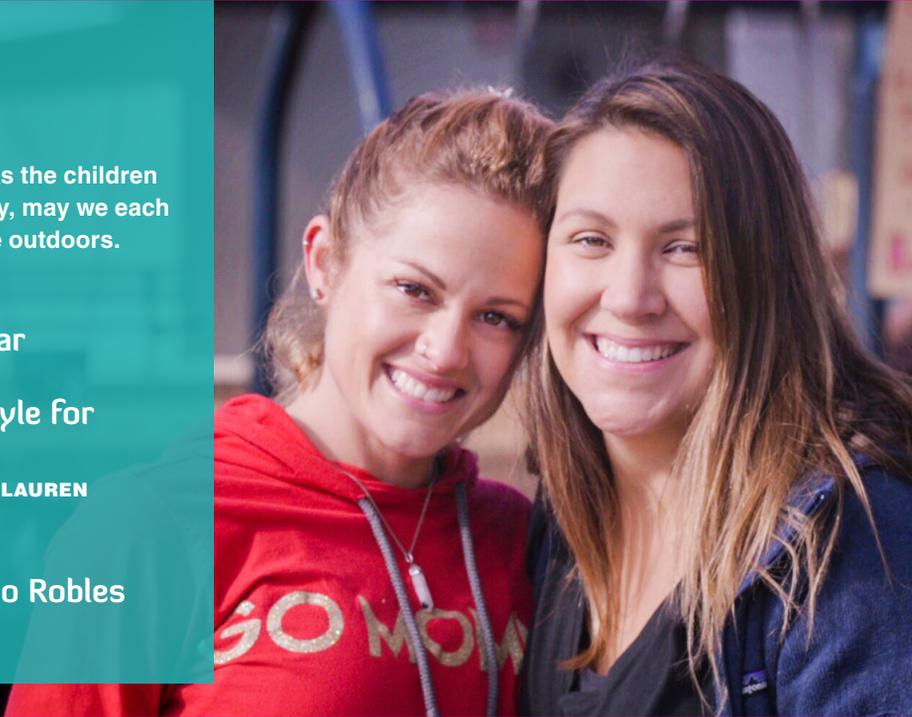
**Promoting a healthy lifestyle for young families**

**ONE WORD TO DESCRIBE LAUREN & LAUREN**

**Passionate**

**NOMINATED BY**

**Kennedy Club Fitness, Paso Robles**



**Lauren Bray and Lauren Skaar are champions for children, showing little ones the importance of getting outdoors, being active and practicing healthy habits.**

Both Lauren and Lauren are instructors with “Go Mommy!” -- Kennedy Club’s stroller-based fitness class that meets three times weekly and gets new moms and babies moving in the beautiful greenspace of Templeton Park. The class gives participants a full body workout— complete with games and songs to elevate the fun and keep the tiny tots engaged and entertained! An added bonus is that the grown-ups get to know each other and establish new friendships.

Together, this dedicated team of Laurens helps to demonstrate the value of community and mutual support during the challenges and rewards of early motherhood. As much as the classes are about exercise, they are equally about the importance of bonding time between baby and mama, and the benefits of being in nature.

One day, when a new mom (who didn’t know anyone and hadn’t worked out in a long time) became anxious about her baby’s fussiness during class, Lauren and Lauren were

reassuring and comforted the baby so mom could finish her workout. When a squirmy toddler had trouble staying seated in his stroller, Lauren and Lauren taught the little boy how to do jumping jacks and squats-- so that he then felt empowered and excited to be part of the group!

Perhaps it’s no surprise that the class got its name, “Go Mommy!” when the young son of one of the program’s organizers exclaimed those very words while cheering on his mom during a workout! Our community can be proud to have such devoted people and partners—in supporting our families’ efforts to stay healthy and active.

**Thank you, Lauren & Lauren.  
You are true Hands-On Heroes.**

*Look for more on all of our Hands-On Heroes on COE-TV channel 19!*



Hands-On Heroes is a special recognition of dedicated individuals who believe in and support the Children’s Bill of Rights, an achievable vision that our children grow up with healthy minds, bodies and spirits that enable them to maximize their potential. This program is coordinated by First 5 San Luis Obispo County in collaboration with local organizations that make a difference in the lives of children in our community. To find out more about First 5 and the Children’s Bill of Rights, please visit [first5slo.org](http://first5slo.org).



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