

Press-Release

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Tiffani Wood launches Mummylush.com - A fitness platform for women!

While popstar and new mum, Tiffani Wood now looks fantastic, having dropped back to her pre-baby weight, it only came through persistence, hard work and some creative thinking. Now Tiffani wants to help other new mums and women re-shape their fitness through the creation of **Mummylush.com**

Mummylush.com is an inexpensive, highly effective online fitness platform aimed to help women loose those unwanted post-pregnancy kilos, maintain their own fitness programs and provide nutritional advise in the comforts of their own home.

"Mummylush is a fitness and health site I created with my personal trainer Mick Stierli and the team at Training Buddy for those wanting to shed or stop those pesky womanly or baby kilos from taking hold.

After having my baby in 2007, with the help of this program, I managed over nine months to lose the twenty kilos of baby weight I stacked on and returned to my pre-baby size. With will-power, determination and sexy lady power, we all can achieve our goals! So now all that is left to say, is take a look around and select the training schedule that is just right for you. I'm sure you're going to love the results just as much as me." Says Tiffani

Mummylush.com is able to provide these services and support via information, communication and measurement tools provided on the platform.

Mummylush.com is complete with a Message Centre, To Do List, Nutritional Journal, SMS Reminders, an Exercise Library consisting of over 300 exercises, a Workout and Schedule builder to provide detailed workout programs over a period of days, weeks or months and a Body Measurements and Cardio Activity Log to accurately track progress in these vital areas.

The 'Mummylush' popstar has also been singing a new tune these days with the release of her first children's music album **Acoustic Dreams - Lullabies for Babies** through Destra Music/Stylin Up Entertainment. **Acoustic Dreams - Lullabies for Babies** is an acoustic collection of new lullabies with some classic lullabies and gentlest nursery rhymes.

Acoustic Dreams - Lullabies for Babies has been # 1 on the iTune's children's music charts since its release.

Acoustic Dreams - Lullabies for Babies is available through all major retailers.

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