



FOR IMMEDIATE RELEASE

**Chicks-n-chickens, Inc. presents
*Lullaby Exercises 2008 Summer Tour***

Bay Area, CA – June 2, 2008 – Chicks-n-chickens (www.chicks-n-chickens.com) is kicking it into high gear for the summer with its first annual *Lullaby Exercises 2008 Summer Tour*. New moms are encouraged to bring the baby and join the groove at any one of several Bay Area locations as *Lullaby Exercises* creator Darcy Novo Albrecht leads a free 35-minute class demo of the new workout that helps moms tone while soothing baby. Darcy will guide participants through a high-energy Groove set before slowing it down with the Sleep set, providing pointers for fussy babies and “I want my pre-baby jeans back” mummies throughout the session.

Baby carriers are suggested to keep the little one snuggled close during *Lullaby Exercises*' simple and effective series of squats, lunges, lifts and dance steps choreographed to an original bluesy-rock soundtrack by singer/songwriter Lisa Phenix. Comfortable shoes and lightweight clothing are a must. Recommended baby age is 8 weeks to 1 year.

The *Lullaby Exercises 2008 Summer Tour* currently features nearly a dozen dates at venues in San Francisco, Marin, the East Bay and the Peninsula. Key appearances include Day One, Natural Resources, Playtime Safari, Elephant Pharm, Waddle and Swaddle, The Tulip Grove, Play Date Café, and Golden Gate Mothers Group.

For more information and the most up-to-date tour schedule, please visit www.chicks-n-chickens.com

About *Lullaby Exercises*

Created by San Francisco Bay Area mom Darcy Novo Albrecht, the *Lullaby Exercises* DVD offers a new kind of workout for moms who want to take better care of themselves and their babes. Moms wear use a carrier or simply hold their baby in their arms as they squat, shuffle and leg-lift through a high-energy *Groove* set and then slow it down as the *Sleep* set sends the little one into slumberland. The *Lullaby Exercises* DVD 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.

Lullaby Exercises retails for \$29.95 and is available at www.chicks-n-chickens.com and in select stores (retail list on website).

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.