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Contact:
Jeni Halingstad, Tone and Tune
720-261-2799

**TONE AND TUNE INTRODUCES EARLY LEARNING CONCEPTS IN
A FUN POSTNATAL WORKOUT DVD FOR BOTH MOM AND BABY**

DENVER, Colorado — January 25, 2010 — After the arrival of a baby, many new mothers find it difficult to strike a balance between getting their body back in shape, while spending together time and educating their child. Now, the Tone and Tune postnatal exercise DVD helps new moms regain their pre-baby physique while stimulating their baby's senses. There is no need for a gym membership or a babysitter, or the guilt many new mothers feel when spending time away from their children.

The Tone and Tune postnatal workout DVD features three distinct 20-minute workouts specifically for new moms—cardio, core toning and yoga. The cardio workout burns calories, reduces stress and boosts energy levels. The core toning workout tightens problem areas including the tummy, hips and thighs, and builds new muscle. The yoga workout helps build the strength needed to care for a new baby, with a focus on abdominal toning, as well as pelvic floor and back strengthening.

While mom builds a better body, she can also build a better baby. Tone and Tune's three workouts engage baby in a world of music, active play and learning. Babies benefit in an untold number of ways from exposure to music. Children with early music education consistently perform better in science and math, and exhibit healthier motor skills.

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The DVD features songs of all genres and cultures from Kindermusik® and Music Together®, two leading early childhood music programs, which provide baby with a total-brain workout, improving neural connections and attention span, as well as increasing spatial-temporal reasoning, abstract thinking and social development.

Babies learn about their world through play. Pairing key learning concepts with together time increases the mother-child bond, and can contribute to cognitive development and pre-reading skills. Tone and Tune offers baby exposure to key concepts including turn taking, crossing the midline, colors, shapes and the alphabet in the form of fun and active play, giving baby a jump start on success. All of the key learnings happen between mother and child—not just baby sitting idly in front of a T.V.

“After having my first child I quickly realized how difficult it is to fit in exercise for myself. The Tone and Tune workouts are the perfect length for in between naps. Tone and Tune also gives a variety of workouts so I can pick one depending on our moods. Most important, it's fun for both of us!” said Melia O’Malley of Denver, Colorado.

The Tone and Tune postnatal workout DVD is available for purchase at the company’s Web site, www.toneandtune.com. Suggested retail price for the DVD is \$19.99.

Tone and Tune, based in Denver, Colorado, is the creation of Jeni Halingstad. Jeni founded Tone and Tune in 2009 to answer the question: "Why can't you get healthy at the same time as enriching and educating your baby?" She utilized a self-created program with the principles of quality time and education to lose pregnancy weight quickly after the birth of her first child.

Tone and Tune was designed by a team of certified personal trainers whose goal was to ensure the workout was intense enough for mothers to lose the baby weight, as well as fun and educational for both moms and babies. The program was reviewed by doctors in both OB/GYN and Pediatric specialties and early learning specialists to ensure that all goals of the program were achieved.

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