



## Media Release

### Strip off those post-baby kilos

Lose that post-baby weight and start to feel sexy again with Australia's first pole dancing DVD.

The **shemoves** DVD (\$34.95 plus postage and handling) - based on exotic dance moves – is designed to burn serious calories and tone up the all important calves, thighs and glutes.

A desire to lose her post baby weight and start to feel sexy again was the inspiration for co-owner and former exotic dancer Britt Bailey-Kerber to start Western Australia's leading pole dance studios, **shemoves**.

"I went back to dancing when my second child was only four months old and dropped the extra weight I was carrying very quickly," she said.

"I realised how much I missed the feeling of confidence you gain from pole dancing."

A chance meeting with now best friend and business partner Kelly Bannister at a conference resulted in the idea for **shemoves** and it wasn't long before the duo had opened their first studio.

"Australian women have fallen in love with the endurance, flexibility and muscle toning benefits offered by pole dancing," said Kelly.

"A solid session on the pole can burn up to 250 calories."

"And on top of all the health benefits it's heaps of fun," she said.

The **shemoves** DVD features two 26-minute workouts based on polemoves and lapmoves.

Order online at [shemoves.com.au](http://shemoves.com.au) or call 1300 789 103

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For further information:

Kelly Bannister

**shemoves** co-owner

0424 323 981 (all hours)

[kelly@shemoves.com.au](mailto:kelly@shemoves.com.au)