

“When you surround yourself with people you enjoy,” Childs said, “the exercise becomes secondary.”

Moms can attend the group as long as they have a child who is willing to sit in a stroller. That time only lasts so long.

“I love the fact that I can go and spend time with other moms and talk to them about anything,” she added. “We say that we need to keep having kids so we can continue working out together.”



### About the classes

Sara Day holds Stroller Strides classes year-round at Springettsbury Township Park and the York Galleria. Classes are 9 to 10 a.m. Monday, Wednesday and Friday.

Night classes are held at York Township Elementary School through the York County Cooperative Community Education Program. They run 6 to 7 p.m. Tuesdays and Thursdays.

A mom's first class is free. A single class costs \$10.

Morning Stroller Strides classes are by membership, which is \$50 a month for unlimited classes or \$30 a month for two classes per week.

Pricing for evening classes is dictated by the York County Cooperative Community Education.

Day also teaches Fit4Baby, a class for expecting moms, through the program. Those classes are held 6 p.m. Wednesdays.

For more information, visit [www.strollerstrides.net/york](http://www.strollerstrides.net/york) or contact Day at 302-593-6588.

### What to bring

- Comfortable walking shoes
- Stroller (no umbrella strollers)
- Water
- Towel or mat for ab workouts
- Baby/toddler essentials (snacks, toys, etc.)
- Sunscreen for outdoor classes

# Watch your savings **gROW**

## Opt for DIY planters to pinch pennies

### SMART \$AVER



SARAH MOCK  
[howipinchapenny.com](http://howipinchapenny.com)

Nothing is more inviting than a well-decorated outdoor space. I love putting potted flowers and herbs on my front porch and backyard patio.

What I don't love is paying for those overpriced pre-assembled planters. I am all for convenience, but this is one

instance where it's definitely worth getting your hands dirty to pinch some pennies.

When the pretty patio pots and hanging baskets start showing up at the home improvement stores, save yourself some serious cash and plant one of your own.

### Pick your plants

Use those lovely pots and hanging baskets as inspiration. They were designed and planted by the professionals, after all. Take note of how many different plants are in the pots — including the variety of colors and their varying heights — when creating your own.

Home improvement stores and garden centers sell market packs of flowers and greenery for a fraction of what a larger pot will cost. These flowers just need time to grow. Purchase a few packs to fill your container and keep in mind how much space the plants will need when they fill in.

When choosing your flowers and plants, consider where you plan to put them. Read the plant tags to be sure you get a plant that will thrive in the conditions it will live.

Only purchase plants that will require the amount of sun or shade that your particular spot will produce — it will save you from having to replant later in the season.

### Contain yourself

The largest investment in creating your patio pots can be the container. I recommend investing in a neutral-colored planter and switching out the color of the plantings each year. A quality investment now will save you from replacing a cheap pot in the future.

Another option is to get more bang for your buck by creating groupings of smaller containers displayed at varying heights.

Don't rule out using non-traditional containers, either. Old boots, birdbaths, children's toys — even cement blocks — can make great repurposed planters.

Read more creative money-saving tips from Sarah Mock at [howipinchapenny.com](http://howipinchapenny.com) and [yorkblog.com](http://yorkblog.com).



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Make a decorative planter with leftover remodeling supplies

## 5 planting tips

**1. Go nuts.** Fill larger pots halfway full of packing peanuts. This will save you from using all your potting soil in one planter — and your container will be easier to move when complete.

**2. Try a monochromatic theme.** A single color in mass can make a big impact. Don't rule out going all green. Foliage is just more than a filler. There are a lot of green plants that have depth and texture to add visual interest to a planter.

**3. Share your haul.** Don't have a need for a lot of soil or plants? Split a bag of soil or a flat of plants with a neighbor, co-worker or friend.

**4. Plan ahead.** This summer, watch for pots to start going on clearance. Pick up some for your fall plants or store them away for next spring.

**5. Get dirty.** Many potting soils have fertilizer or moisture beads. The upfront investment will save you from having to purchase separate plant food — or water so much.