

Class Information

The class will run once a week for 6 weeks from 7-8:30 on a weekday evening. You must start at the beginning of the class. Please contact the clinic for the start date of the next session.

Location: Broadmead Orthopaedic
Physiotherapy Clinic

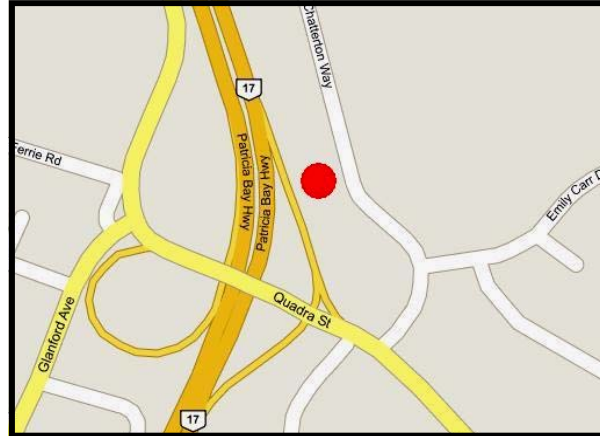
Group size: The class will be limited to 10 participants

Cost: \$135† - This fee includes all instructional material and exercise booklets

†This may be claimed through extended benefits-ask us how.

Please note: You will be required to have a medical consent form completed by your physician /midwife prior to starting this class. Please arrange to pick up a copy prior to class.

Call 881-1199 to register and find out the date of the next course session. Give yourself and your baby a healthy start!



Broadmead Orthopaedic Physiotherapy Clinic*

*Paul McIntyre and Lisa Munkley Physiotherapist Corporation

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Email: broadmeadphysiotherapy@telus.net

www.broadmeadphysiotherapy.com

About the class instructor:

Shannon Christmas, B.Sc.P.T.

Registered Physiotherapist

Shannon graduated from the University of British Columbia in 1999. She has taken numerous continuing education courses including the 'Fit to Deliver'™ course, and has enjoyed treating many pre and postnatal women.

Prenatal Fitness Class

*Instructed by
Shannon Christmas,
Registered Physiotherapist
at
Broadmead Orthopaedic
Physiotherapy Clinic**



Jessica Milne Imagery

***Give yourself and your
baby a healthy start with
this class!***

Cover maternity photo courtesy of:
Jessica Milne Imagery
www.jessicamilne.com

Inside photo courtesy of Fit to Deliver™
www.fittodeliver.com

Goals of the class:

- Prevention of pregnancy-related musculoskeletal problems
- Preparation of your body for the birthing process and for caring for your baby
- Restoration of your body after birth

This unique class is taught by a physiotherapist who has specialized in prenatal fitness education. The class integrates exercises with a discussion component to teach you how to exercise safely during your pregnancy. It will give you the knowledge and confidence to continue your exercise program throughout your pregnancy.

The class will provide:

- Pertinent anatomy of the core muscles and physiological changes during pregnancy
- Current guidelines about fun and safe exercise during pregnancy
- Research on the benefits of exercise during pregnancy
- How to progress your exercise program safely and effectively

You will learn:

- Specific pre and postnatal warm-up and cool-down exercises
- Stretching exercises that are important during pregnancy
- Guidelines for doing cardiovascular exercise during pregnancy
- Core stability and Kegel's exercises as they apply to pregnancy



- Tailored exercises for each trimester
- Safe weight training ideas
- Ball exercises
- Education about the nutritional demands for exercise during pregnancy
- Proper body mechanics for lifting and carrying during pregnancy

Frequently asked questions:

1. Can I start an exercise program during pregnancy?

Answer: *Of course you can! Specific guidelines for starting an exercise program will be covered in this class.*

2. I don't have time to go to a gym to exercise, should I still come to the class?

Answer: *Yes! Many of the exercises that are taught will be easy to do at home.*

3. I have some low back pain, should I join the class?

Answer: *You will not be specifically assessed by the physiotherapist in the course, so it is recommended that you book an appointment to have your back checked first before you begin or continue your exercise program.*
