

Prenatal Physique

Congratulations, you're expecting! As Moms-to-be, you have entered a very special time in your lives. We hope to enhance these important months by motivating and inspiring you to be fit, strong and beautiful. We invite you to experience the benefits of Prenatal Physique, an effective total body workout designed just for expecting moms.

Tanya Becker, Physique 57's Director of Training, and Shelly Knight, Associate Director of Training, certified in **PHYSIQUE 57™** and Pilates with extensive prenatal training, developed **PRENATAL PHYSIQUE** to address the needs of women who desire a comprehensive exercise program during pregnancy. **PRENATAL PHYSIQUE** was created with recommendations from medically trained professionals and closely follows the guidelines of the American College of Obstetricians and Gynecologists.

Based on the **PHYSIQUE 57™** method, **PRENATAL PHYSIQUE** is a unique trimester based program that combines cardiovascular activity, strength training and stretching exercises. Through an intimate 57 minute class, clients will build muscle tone, strength, endurance and flexibility.

Each strength training variation and orthopedic stretch series is tailored for expecting moms at each stage of their pregnancy. While exercise during pregnancy is tremendously beneficial, careful adjustments are necessary as mommy's body grows to accommodate her growing baby.

It is never too late to start a safe and effective exercise program. Even if you have not exercised before pregnancy, it is better to start now than to avoid exercise during these next physically challenging months.

Please remember that if you decide to workout during pregnancy, it is best to be consistent. Irregular workouts can reverse the positive effects of exercise by causing injuries and muscle fatigue.

The physical and emotional benefits of prenatal exercise include:

- Emotional gain. Regular, consistent exercise can help develop a sense of focus and determination at a time when the body feels out of control.
- Improved energy levels. A stronger heart and lungs, well toned muscles and increased flexibility will help to maintain energy levels through out the day.
- Self esteem. Exercise can improve self image and provide a more positive outlook on your pregnancy.
- Reduces back pain. Strengthening the muscles of the lower back and abdominals can help prevent hip and back pain. Additionally, a focus on alignment and posture will prevent back pain caused by rounded shoulders.
- Improved circulation. Exercise reduces the likelihood of varicose veins, swelling and leg cramps.
- Tension relief. Prenatal exercise can help to release physical and emotional tension and stress.

Please check with your doctor before you attend class. All Prenatal clients need to have doctor's permission before they can take class.