

BloomingFit and MummyFit

Pre Natal—BloomingFit

Stay in shape during your pregnancy with a one-to-one BloomingFit session.

Exercising during pregnancy improves energy levels and develops muscular balance to cope with postural changes. It can also assist with the birth for both Mother and baby. It will also help control additional weight gain and assist in a quicker post natal recovery.

£25 Members

£35 Non Members

E-mail Serena, Zoe or Claire for BloomingFit training (contact details overleaf). They hold a Premier Level 3 Certificate in Exercise Prescription for Pre and Post Natal Clients

Post Natal—MummyFit

MummyFit is a safe, effective post natal 30 minute one-to-one session designed to help you get active and get in shape without the worry of childcare as baby comes too! Mummies can attend from 6 weeks post natal (12 weeks post C-section).

This exercise programme will tighten and tone your muscles and help you lose excess baby fat.

Please email Serena Moloney to book.

4 Free Sessions for Members *

£35 for Non Members (£25 for Island Mums card holders)

*only available for Mummies not already participating in our other classes



For more information please contact our fully qualified instructors ;

Serena Moloney

serena.moloney@kings.gg

Premier Level 3 Certificate in Exercise Prescription for Pre and Post Natal Clients;

Zoe Blake

zoe.blake@kings.gg

Premier Level 3 Certificate in Exercise Prescription for Pre and Post Natal Clients;

Claire Lawrence

Claire.lawrence@kings.gg

Premier Level 3 Certificate in Exercise Prescription for Pre and Post Natal Clients;

Steph Charlwood

steph.charlwood@kings.gg

applayoga Pre and Postnatal Yoga teacher (Yoga Alliance accredited course). She is also qualified in VTCT Level 3 Award in Designing Physical Activity programmes for Antenatal and Postnatal Clients.



PREMIER HEALTH CLUB

T. 723366

www.kings.gg

OPEN 06.30AM TO 10.00PM MONDAY TO THURSDAY, 06.30AM TO 8.00PM FRIDAY, AND 08.00AM TO 6.00PM SATURDAY AND SUNDAY



PREMIER HEALTH CLUB

Pre & Post Natal Information



Tel: 723366

Pre and Postnatal Yoga & Pilates

One to One Pregnancy Yoga / Pilates Sessions

- Improve your flexibility and your posture.
- Boost your circulation.
- Relieve pregnancy aches and pains.

Pre Natal Yoga

Helps to prepare for the birth by teaching calming breathing techniques and body awareness.

Pre Natal Pilates

Helps improve posture and alignment to support the extra workload on the spine.

Post Natal Yoga & Pilates

Strengthens abdominal muscles and the pelvic floor and helps you get back into shape faster.

Client Testimonial

"Pregnancy yoga with Steph has helped me connect with my unborn baby, in addition to stretching out and releasing all those aches and pains that come with an expanding body. It gives you time to relax and focus, and your hips and back really benefit too."

Di Matthews

Personal Training

£45 Members

£50 Non Members



Benefits for exercising during pregnancy and in the post natal period



Exercise is good for healthy pregnant women. Try to do at least 2 1/2 hours per week of moderate exercise do this by doing 30 minutes, 5 days a week. Exercise can improve your posture, relieve back pain and prepare you for the challenges of childbirth. It can also:

- Boost your energy
- Keep your weight gain steady
- Help you to sleep better
- Toning muscles may lead to easier delivery
- Help you regain your pre-pregnancy figure faster
- Helps with emotional stress and potential depression

Key signs of overtraining

In the Mother:

Fatigue, pain, loss of motivation, susceptibility to injury and common infections

In the baby:

Little or no movement after the exercise session, reduced growth rate over time

Nutrition



How to fuel for exercise

Eat a small snack or drink juice 15-30 minutes before you exercise. Avoid exercising on an empty stomach.

Continue to eat a healthy balanced diet. Starchy carbohydrates will help to provide energy. Active mothers may need up to 200 extra calories per day.

Stay Hydrated

Avoid overheating whilst exercising. To avoid becoming dehydrated drink plenty of water, before, during and after exercise. Continue drinking water after exercise even if you don't feel thirsty.

Warning signs to stop exercising

- Vaginal bleeding
- Shortness of breath
- Excessive fatigue
- Dizziness
- Headache
- Chest pain/palpitations
- Muscle weakness
- Calf pain or swelling
(need to rule out thrombophlebitis)
- Premature labour/persistent contractions
- Decreased foetal movement
- Amniotic fluid leakage
- Pain-particularly in the back or pubic region