

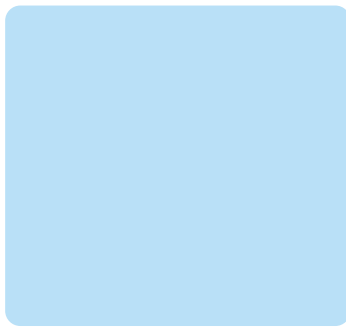
Antenatal and postnatal exercise can provide the following opportunities:

Reduction in pregnancy symptoms - research has shown that exercise can reduce many of the minor ailments associated with pregnancy.

Appropriate exercise - exercise can be designed specifically for the needs of ante/postnatal women.

Support - offering the chance to meet others in a similar situation. Women gain the opportunity to discuss concerns, feelings and receive reassurance from fellow participants.

Social aspects - Group sessions can lead to new friendships.



Bumpercise

Aquatots

Sarah Allen
01223 569067

39 Cambridge Road
Impington
Cambridge
CB24 9NU

Sarah Allen Ba (hons) QTS (PE & Maths)
Advanced Fitness Instructor & Postnatal Exercise to music Level 3 YMCA
Member of REPS ASA Swimming Teacher
ASA Adult & Child Teacher RLSS National Rescue Award
Member of ISTC Speedo Aquatic Fitness Instructor
Speedo Antenatal & Postnatal Aquatic Fitness Instructor

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and Bumpercise & Aquatots

Antenatal & Postnatal Exercise and Baby & Toddler Swimming

Antenatal Exercise to Music & Aquatic Exercise

There are many advantages to moderate controlled exercise during pregnancy.

- Improved circulation for mother and baby
- Less back ache, varicose veins and leg cramps.
- Possible control of excess weight gain.
- A faster postnatal recovery.
- Enhanced psychological well being.
- Improved sleep patterns.
- Increased body awareness.
- A beneficial effect on the course and outcome of labour.
- Enhanced self-images and confidence.

When can I start?

Initially, Sarah prefers to speak to everyone before they participate to ensure that everyone's needs are safely met. Antenatal exercise can usually be started at 16 weeks - the 2nd trimester.

Postnatal exercise can usually be started after the 6 week check up by a medical practitioner for a vaginal birth. Caesarian birth minimum 10-12 weeks.

Postnatal Exercise to Music & Aquatic Exercise

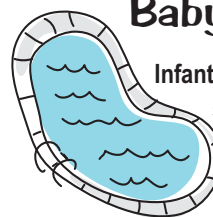
There are also many advantages to moderate controlled exercise in the postnatal period (after your baby is born).

- Correction of pregnancy posture.
- Improved aerobic fitness.
- Greater techniques for lifting and of pelvic and back care.
- Addressing muscle imbalance and increasing muscle power.
- Targeting muscles for baby care.
- Increased pelvic floor and abdominal muscle strength and endurance.
- Increased ability to deal with stress.
- Boosted immune system and better sleep.
- Improved circulation and healing.

How long can I continue?

Antenatal classes can be continued throughout the pregnancy as long as you remain fit and well. (ACOG guidelines will be used). Postnatal exercise classes can be continued for as long as you like.

Baby & Toddler Swimming



Infants and toddlers are taught to have fun and swim in an interactive, gentle, gradual, child-paced and baby-friendly curriculum following the ASA National Swimming Plan.

- Chesterton and Impington Sports Centre pools offer a warm, safe environment.
- Friendly, experienced teacher will enable you to teach your child to swim and gain confidence in the water.
- Class includes action songs and water based play.
- Changing mats provided.
- Free car parking!
- Maximum of 12 adults and 12 infants per session. (please respect our ratio of one adult per child as it keeps the lessons safe and fun for all).
- **On arrival** - please make your way to the changing room and get yourself and your child changed. Please allow at least 15 minutes to change prior to the lesson but do not come onto the poolside until your lesson time. Please wait for instruction before entering the pool.

Please bring with you:

- Swim nappy & costume for your baby
 - Clean nappy for afterwards.
 - Hooded towel and/or bath towel.
- Please do not bring swim rings as we find them unhelpful as a teaching aid
- A snack and drink for afterwards
 - A favourite waterproof toy (1st lesson only)



Buggyfit (exercise with a difference!)



As featured on This Morning, ITV, The Times and Zest Magazine, buggyfit is the ultimate fitness class for Mums wanting to get back in shape after their new arrival. Exercise classes out in the fresh air with your baby or toddler in their buggy. Classes comprise power walking aerobic exercise, gentle stretches, muscular strength, endurance and toning, posture and pelvic floor. We use parks and pathways around Cambridge and anyone can join in 6 weeks after a vaginal birth, or 10-12 weeks after a Caesarian birth. (Please check with your GP). Mums with older babies and toddlers are welcome too - it doesn't matter how long ago you had your child, as long as they are happy to be wheeled around in a buggy! Double buggies are also welcome. We use whatever is at hand - steps, trees, fences, park benches, etc to exercise and have time to socialise too.

