



## **mamafit**® PREGNANCY – St Helens

### FREE 6 week exercise & lifestyle course for pregnant women

Learn how to be healthy and active during pregnancy with lots of useful hints and tips plus 'in class' exercises to take home with you.

- ✓ Suitable for all stages of pregnancy
- ✓ Find out how to exercise safely during pregnancy
- ✓ Get fit for birth
- ✓ Reduce back pain and manage SPD
- ✓ Take time off work to attend

#### Great for...

Pregnant women looking to get active and find out how to be healthy for both mum & baby

Intensity level: **LOW**

#### VENUES:

- The Thompson Centre, Parr, WA9 1PL
- Chain Lane Community Centre, Laffak, WA11 9HT

#### Did you know...

**mamafit**® PREGNANCY is antenatal care, due to employment law you are able take time off work to attend.

**mamafit**® St Helens is funded and fully supported by Coalfields Regeneration Trust and St Helens Council.

**mamafit**® PREGNANCY is **FREE** for pregnant women living in St Helens.

**BOOK ONLINE:** [www.bookwhen.com/mamafit](http://www.bookwhen.com/mamafit)

**CALL:** 07866160659 **EMAIL:** info@diversehealthandfitness.com

<b>mamafit</b> ® PREGNANCY					
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Course introduction	Stomach & lower back exercises	Leg & Bum exercises	Stretching	Upperbody exercises	Course recap
Health & safety for Mother and Baby	Healthy eating & diet	Lifestyle tips	Relaxation	Key points	Total body workout
Posture					Next steps
Pelvic floor					

/MamafitUK @Mamafit\_UK @Mamafit\_UK



## **mamafit**® MOTHER & BABY – St Helens

### FREE 4 week exercise & lifestyle course for new mums

Discover ways to fit in exercise around the challenges and time restraints of being a mum. Classes take place in a relaxed environment great for making new friends whilst getting fit!

- ✓ For mums with babies 6 weeks - 1 year old; babies welcome!
- ✓ Gentle exercises to strengthen your body
- ✓ Build your confidence
- ✓ Tips to help you eat better
- ✓ Friendly environment; time to chat and make new friends

#### Great for...

New mums wanting to start getting active again after having a baby.

Intensity level: **LOW**

#### VENUES:

- The Thompson Centre, Parr, WA9 1PL
- Chain Lane Community Centre, Laffak, WA11 9HT

#### Did you know...

You can bring your baby/babies (Under 1 year old) along to **mamafit**® classes.

**mamafit**® St Helens is funded and fully supported by Coalfields Regeneration Trust and St Helens Council.

**mamafit**® MOTHER & BABY is **FREE** for mums with babies 6 weeks – 1 year old living in St Helens.

**BOOK ONLINE:** [www.bookwhen.com/mamafit](http://www.bookwhen.com/mamafit)

**CALL:** 07866160659 **EMAIL:** info@diversehealthandfitness.com

<b>mamafit</b> ® MOTHER & BABY					
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Course introduction	Pelvic floor	Stomach & lower back exercises	Course recap	FREE mum & baby exercise class	FREE mum & baby exercise class
Health & safety for Mother and Baby	Bodyweight exercises	Stretching	Total body workout		
Body changes					
Posture & Mobility	Healthy eating tips	Relaxation	Next steps		

/MamafitUK @Mamafit\_UK @Mamafit\_UK