

Pregnancy and Post Natal Exercise Course

This course is targeted towards Fitness Professionals (including Group Fitness Instructors, Personal Trainers, Exercise Physiologists, Physiotherapists or any other Fitness Professional who is engaged with or wanting to be engaged with pregnant and post natal women in a fitness capacity). The content is designed to give Professionals a sound understanding of the physical and physiological changes in the pregnant and post natal body and the impact that exercise has on women during this time as well as how the changes affect the ability to exercise.

Pregnancy and Post Natal exercise Covers:

- Physical body changes during pregnancy and how these changes affect the ability to exercise
- Each trimester during pregnancy
- Benefits of exercise during pregnancy and postnatal for mother and baby
- Essential modifications for the pregnant client based on physiology
- Guidelines for exercise during pregnancy and returning to exercise postnatal
- Common complaints during pregnancy ie. Pelvic Girdle and Low back pain
- Core stability and Pelvic Floor (Rectus Diastasis, prolapse and incontinence)
- Post Natal Depression
- Contraindications to exercise

Upon completion, course participants will:

- Understands the changes both physically, physiologically and mentally to a women during child bearing years and how these impact on the exercise routine they undertake when pregnant
- Have the knowledge to screen participants and to design and modify an exercise program for pregnant women and post natal women taking into account a variety of conditions and physical or physiological limitations
- Understand the safety guidelines as well as when a women cannot exercise during pregnancy as well as the benefits of exercise. Safely return a new mother to exercise without compromising her pelvic floor or pelvis.
- Be able to know when to refer clients to physiotherapists or their doctors
- Understand the importance of good pelvic floor health and prevention of pelvic floor issues
- Understand the importance of mental health for women

Course Creator Bio

Physiotherapist and mother of three, Lauren Gabriel developed the program in June 1998.

Together with the exceptional Preggi Bellies staff, the program has grown and developed over 16 years and more than 40,000 pregnancies.

Preggi Bellies is a specialised fitness and strength program, soundly based in research, for women through all stages of pregnancy and in the postnatal years. It was the first pregnancy exercise program of its type to offer quality supervised fitness training for pregnant and post-natal women in Australia.

Presenter Bio

Tash Jack is a personal trainer, pre choreographed/freestyle group fitness instructor, Pilates instructor and course manager for Preggi Bellies.

Tammy Hammut is a personal trainer, pre choreographed/freestyle group fitness instructor, Pilates instructor and yoga instructor teaching Bikram, Iyengar and Power.

Debbie Geyer is a personal trainer and pre-choreographed/freestyle group fitness instructor.

Tia Gogle is a personal trainer, group fitness instructor and Pilates matwork and reformer instructor.

Steve Bibby is a personal trainer and group fitness instructor.