

EXERCISING FOR TWO

By Lisa Westlake

Exercising for Two is a must for all Fitness Professionals wanting a more in depth knowledge of prescribing exercise for pregnant clients. A basic foundation of exercise programming is ideal in order to get the most from this course.

Exercising for Two explores:

- The stages of pregnancy
- Hormones and pregnancy
- Exercise contraindications
- Changes that occur during pregnancy
- Exercise intensity and duration
- Post natal fitness.

Exercising for Two is delivered using a 5 DVD set and a 40 page learner guide.

Upon successful completion, course participants will be able to:

- Understand the different stages of pregnancy and the implications on exercise
- Be aware of the contraindications to exercise that may be present in pregnant clients
- Prescribe exercise for pregnant clients based on safety and effectiveness
- Use exercise and pregnancy guidelines on intensity, duration, frequency and type
- Understand when to refer a pregnant client to an allied health professional.

Course Creator Bio

Lisa Westlake, BAppSc (physio) is a physiotherapist, fitness instructor, author and highly regarded national and international presenter. Lisa passionately spreads the word about health and fitness through her writing, fitness DVDs, convention appearances, lectures and media work. Lisa has recently released her new book, Exercising for Two, with her follow up due out soon.