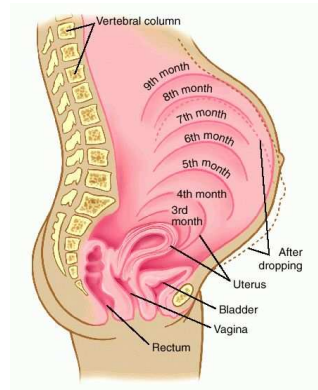


Medical experts recommend that pregnant women engage in thirty minutes or more of moderate exercise a day on most, if not all, days of the week.

EXERCISE DO'S:

- ✓ *Build up your exercise program slowly*
- ✓ *You should be able to talk normally while exercising*
- ✓ *Keep exercise low-impact, to lessen the load on your joints*
- ✓ *Start pelvic floor exercises, especially if you have experienced any incontinence or leaking of urine*
- ✓ *Maintain adequate hydration and nutrition – drink liquids before, during and after exercise.*
- ✓ *Talk to your health care professional about which exercise program is right for you*



EXERCISE DON'TS:

- ✗ *Avoid exercise in warm or humid environments, especially during your first trimester*
- ✗ *Avoid exercise that causes straining or holding your breath*
- ✗ *Avoid exercise while lying on your back after sixteen weeks of pregnancy*
- ✗ *Avoid activities which involve physical contact or danger of falling*
- ✗ *Avoid exercises that involve over stretching*
- ✗ *Avoid sit ups and crunch type exercises*
- ✗ *Avoid exercise that involve prolonged stationary standing*

Pregnancy Pilates

Pilates is perfectly suited to preparing women for all stages of pregnancy- in fact even during that late stages when many forms of exercise become too difficult, pilates is often still comfortable.

Your program: is tailored specifically for you, this means that as your pregnancy progresses so do your exercises, ensuring that they are always safe and effective. Our one hour Studio classes have four clients- providing you with support and feedback from your instructor.

Our Preggy Pilates program is:

- ✓ low impact and safe at all stages of your pregnancy
- ✓ relieves low back pain and other aches and pains
- ✓ teaches good breathing techniques for labour
- ✓ improves your pelvic floor function
- ✓ focuses on torso lengthening and glut activation
- ✓ develops balance as your centre of gravity changes



Cost:

Casual: \$37.00

Preggy 10 concession \$260.00

Studio classes are available many times between 8am and 7pm weekday- just check our website.

The fine print: Bookings Essential. 24 hour cancellation policy applies. Classes are valid for 6 months from date of purchase.

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