

KEEP *Mums* FIT

PREGNANCY EXERCISE MONTH BY MONTH GUIDE

Many women confess to feeling fearful about what they can and cannot do to remain fit and active when they are expecting.

So here is a guide with tips and advice that I hope will give you confidence to remain active during your pregnancy.

Changes occur throughout pregnancy and this guide is designed for low-risk pregnancy

Move through the trimesters adapting changing and modifying exercises as your pregnancy progresses.

If you need extra support, please ask

Love Kate XX



KATE CAMPBELL FITNESS

ANTENATAL | SAFELY
Exercising through the trimesters

DISCLAIMER

WAIVER AND RELEASE OF LIABILITY

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The information presented herein is for educational purposes only and is in no way intended or implied to be a substitute for qualified professional medical advice. The Information given in this guide for low-risk pregnancies is given in good faith and is my personal tools and skills that I have enquired over the years as a labouring mother, as a practicing midwife and a qualified antenatal and postnatal exercise coach and personal trainer.

Keep Mums Fit pregnancy workouts are designed to maintain fitness. These workouts are aimed at low-risk pregnancies. Discuss with your health care professional the suitability of continuing this programme if during your pregnancy your health changes. Adaptations are needed throughout the different trimesters – listen to your body and adapt where necessary. After 16 weeks if lying on your back ensure you have a cushion under your left-hand side and ensure limbs are moving. The information in this Keep mums fit guide should be used in conjunction with the guidance and care of you the readers health care provider to determine the appropriateness of the information for your own situation.

Consult your healthcare provider before beginning this programme as you would with any exercise and nutrition programme.

“By utilising Kate Campbell Fitness personal trainer services, you acknowledge that meals plans issued are not aimed to diagnose, treat, prescribe or cure any medical conditions. The meal plans issued are to guide and provide advice to compliment and support your fitness goals solely.

You acknowledge that you understand that Kate Campbell Fitness) personal trainer services meal plans are recommendations and advice only and that you should seek the advice of a registered dietician or doctor if you feel you have a medical condition to diagnose, prescribe or treat any nutritional based issues.”

If you choose not to obtain the consent of your health care provider throughout the duration of your time working with Kate Campbell fitness or her affiliates you are agreeing to accept full responsibility for your actions.

By accepting this Antenatal exercise for birth and beyond programme you understand and recognise that despite all precautions on the part of Kate Campbell Fitness there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive relinquish and release any claim which you may have against Kate Campbell Fitness or her affiliates as a result of any future physical injury or illness incurred in connection with or as a result of the use or misuse of your programme.

INTRODUCTION In support of guidelines from the Royal College of Obstetricians and Gynaecologists (RCOG)

- Physical activity during pregnancy is safe for women with uncomplicated pregnancies and should be actively encouraged by all health care professionals to participate in aerobic and strength – conditioning exercise as part of a healthy lifestyle during pregnancy.
- Recommendations are in line with those of the general population, with at least 30 minutes of moderate activity daily.
- Regularly active women prior to pregnancy can continue to exercise until close to their due date and will naturally slow down as the pregnancy progresses.
- The aim of continuing to exercise during pregnancy is to stay fit rather than to reach peak fitness.
- There are many benefits to exercising during pregnancy and the common complaints, including fatigue, backache, varicose veins, swelling, stress, anxiety and depression are reduced in women who exercise.
- Regular exercise may help prevent medical conditions such as gestational diabetes and high blood pressure.
- Women who exercise regularly during pregnancy maintain a more positive body image and attitude towards themselves, their pregnancies, and their upcoming labour and birth.
- There is evidence to suggest that weight -bearing exercise can help exercising mums cope in labour needing less pain relief than women who don't exercise.
- Exercise helps improve the health of the baby by improving oxygen flow to the placenta and allows the baby to tolerate labour better than those of non-exercisers.
- There is no evidence to suggest that exercising regularly will result in miscarriage, premature rupture of membranes, premature labour or a low-birth-weight baby.

The most important thing for pregnant exercisers to remember is to listen to your body.

Adapt exercise as the pregnancy progresses, and contact a healthcare professional (Midwife, GP or obstetrician) if pain or unexplained symptoms occur that do not subside.

If the pregnancy becomes complicated with medical issues for example raised blood pressure you must stop exercising until your healthcare professional deems it fit to continue.

**Monthly
guide
Changes
and
adaptations**

KEEP *Mums* FIT

Every woman's pregnancy is unique and different so when reading through this guide, your symptoms or experiences throughout the trimesters may vary. For example, I was one of the lucky ones who never had any morning sickness in either of my pregnancies!

The month-by-month guide will discuss changes that commonly occur and adaptations and modifications you may find helpful to enable you to continue exercising safely.

Fitness levels and prior experience vary, so look at the recommendations as a guide only and change accordingly.

These general guidelines for antenatal physical activity are taken from a variety of sources such as the RCOG, the ACOG and the American College of Sports Medicine (ACSM)

If you need further guidance, [contact us for a chat](#). We are always happy to help.

Pregnancy Changes First Trimester

Conception – 14 weeks

Month 1:

If you regularly exercise continue to exercise as you would do normally. At this stage it's important to eat well increasing your protein and healthy fat intake to nourish your body and support your developing baby. Pregnancy symptoms may not be obvious yet, with the first sign being a missed period.

Month 2:

Following a positive pregnancy test, major changes will now be occurring. Symptoms include Breast tenderness, increased tiredness morning sickness and mood swings. Continue your exercise routine as normal, at this stage no exercise changes need to be made.

It's important however to listen to your body and rest when needed, drink and eat well. You may find the 45-minute exercise class you normally attend a little more tiring and not as easy.

If you currently do not exercise begin to think about starting a regular fitness routine, daily walks, swimming, strength and aerobics.

Start slowly with 10 minutes of warming up, 5 minutes at a faster pace and 5 minutes to cool down, gradually increase the faster pace by 5 minutes each week until you get to 30 minutes.

Aim then to continue to exercise for 30 minutes 3-5 times a week. It must be advised however that this is not the time to take up a strenuous sport.

Evidence supports that Women who exercise during pregnancy feel more energised and symptoms are reduced. There is no evidence that continuing your normal exercise routine will cause a Miscarriage.

Month 3:

You may now have started to gain a little weight as your body grows to accommodate your baby. This is normal but eating for two is not recommended!

Nausea is very common but getting regular fresh air will often make you feel better. Try daily brisk walking.

If you run, ensure you eat a snack which won't upset your digestion. The hormone Progesterone is often the culprit behind digestive discomfort, so plan your workouts accordingly and remain hydrated.

As your bump is starting to show, **abdominal curl ups and sit ups are not recommended**, too much pressure is placed on the abdominal muscles weakening, not only the abdominal muscles but also the pelvic floor too.

Continuing to perform sit ups will have the negative effect of strengthening the muscles apart. Forearm Planks create too much intra abdominal pressure combined with breath holding so avoid.

Modified plank using a chair, or a bench is an alternative as are hovers.

Concentrate on maintaining core strength by abdominal pull ins (Baby hug) postural mobility exercises, glute activation exercises and pelvic floor exercises to support your growing bump.

Try a pregnancy Pilates class which will help you exercise and focus on breath the deep postural muscles of the spine and abdominals.

Start to add pelvic floor exercise into your daily routine.

Research advocates the benefits of beginning pelvic floor exercises during pregnancy to support the return of a healthy functioning pelvic floor post birth.

Pregnancy changes **Second trimester** Weeks 14- 27

Month 4:

During this month, your heart is having to work harder to meet your body's regular demands due to the natural increase in blood volume.

You may find you are more breathless because as your uterus grows out of your pelvis it becomes an abdominal organ decreasing lung capacity.

You may tire more easily and at times feel faint. To prevent fainting move your feet before standing if you've been sat for a long period of time and remain moving between exercises avoiding stopping quickly and remaining stationary.

Begin to listen to your body and slow down when you need too. Remain active still aiming to workout at least 3 -5 times a week for 30 minutes.

If you have not done so already, this may be the time to swap your normal gym and classes to one which is specifically designed for pregnancy.

Exercises to avoid include:- all contact sport, skiing, high altitude exercise and exercises in which you lie on your back for prolonged periods of time.

Month 5:

Extra care must be taken to avoid straining the muscles of the pelvis Knees and Hips. Relaxin is the hormone which affects the ligaments throughout the body, very much needed for labour and delivery to allow the pelvic out let to widen the unwanted side effects can include pelvic girdle pain, knee pain and hip pain.

Avoid: fast directional movements when exercising. Wide range of movements or prolonged stretching. Lateral hops and single leg work may prove to be too uncomfortable.

Month 5 continued

From now on keep movements smaller and keep limbs close to the body.

Avoid twisting and turning suddenly and ensure you do not hold your breath during exercises.

Classes such as general yoga, Zumba or HIIT will not be suitable. swimming although beneficial (opening the legs wide in breaststroke) may also cause pelvic strain, find alternatives, Zumba gold, low impact aerobics, strength and conditioning, walking or aqua natal.

If you are a runner take smaller strides and take extra care when running during winter months, pavements and grass are slippery! Ankle sprains are common during pregnancy.

Month 6:

Continue to eat well ensuring you have protein with every meal and exercise regularly.

Hopefully by now you will have more energy and your nausea has disappeared.

You may wish to avoid cycling or exercises where you balance for long periods of time.

During this month the baby is growing rapidly and changes to your posture become more obvious. Your centre of gravity moves forward and your balance is altered making you a little more unstable.

Concentrate on exercises for your changing shape. Pelvic tilts, all fours cat stretch for your back, seated or standing exercise band row for upper back and shoulders.

Continue performing pelvic floor exercises daily

Pregnancy Changes Third Trimester Week 28-40

Month 7:

Often women begin to experience cramp in their calves, particularly at night.

Before you get into bed try a few calf stretches to reduce this happening.

Being less active or having a job where you sit down a lot can increase the risk of develop swollen legs (oedema) due to lack of movement.

Try getting up regularly say every 20 minutes or so to perform ankle exercises, pedalling the feet up and down, heel raises marching on the spot and ankle exercises.

This will increase circulation and help reduce the swelling.

N.B if you have swelling of the ankles, legs, hands and face - **contact your care provider**, midwife, GP or consultant.

As in a small number of cases swelling can be association with high blood pressure and a condition called Pregnancy induced hypertension.

Month 8:

During this month, you will feel your uterus under your ribs, this can be very uncomfortable - review your posture, sit straight, not slumped, and massaging the area can help.

It is also common to feel and notice Braxton hicks more regularly, often when moving over in bed or when you quickly raise from a chair.

They are no cause for concern and will go as quickly as they came. It is simply your uterus (which is a muscle) exercising, getting stronger and preparing for the important job of labour

During an exercise class or activity you may need to wait until it passes.

Keep your feet moving if you stop, to prevent feeling dizzy.

Support belts or bands may prove to be useful when exercising. Chat to a physiotherapist for their recommendations.

Pelvic floor exercises become even more important now and are a must to help prevent incontinence problems after the birth.

Perform your pelvic floor muscle exercises six times daily. The difficult part of the exercises is remembering to do them. The more dedicated you are with the exercises, the more successful you will be.

A strong pelvic floor muscle will help guide and rotate your baby through the birth canal.

Its equally important to be able to relax the pelvic floor

Perform anywhere in different positions throughout the day.

Pregnancy Changes Third Trimester

Week 28-40

Month 9:

During this stage, your baby will have started to move down (engage) into your pelvis, this is called lightening and will give you some much needed relief for your ribs and you'll find you can breathe a little easier.

The extra pelvic pressure however comes with its own set of niggles - you will start going to the loo more often and you may have a feeling of extra heaviness down below.

Maternity belts can help – ensuring your diet is fibre rich will help prevent constipation and performing regular pelvic floor and core exercises will help.

Getting up and down to the loo more during the night may increase your general discomfort, so experiment with different positions use extra pillows between your legs to keep the pelvis in good alignment and perform pelvic tilts to ease backache before you get out of bed in a morning.

If you have finished work – daily walking is fantastic to maintain cardiovascular fitness. Not only will you build the important stamina needed for labour you will keep your legs, bottom and core strong particularly if you walk up hills!

Many women continue to exercise right up to their due date. The benefit is helping your baby to wiggle down into the pelvis further.

Exercise is perfectly safe but don't do too much as you will need your energy for when labour begins.

Perform daily mobility exercises – the labour dance not only provides you and your birth partner a few giggles but from a practical point of view it gives you a fabulous distraction method – MOVEMENT

Rest is just as important as remaining active – try to rest during the day and cat nap if needed.

EXERCISING guidelines

KEEP *Mums* FIT

Trust you are strong, beautiful, and more powerful than you know.

Trust yourself.

Trust your body.

Over the next few pages, I've used the F.I.T.T principles as guidelines to help you create a workout plan that will be more effective in reaching your pregnancy fitness goals.

F.I.T.T. stands for *frequency, intensity, time, and type of exercise*. These are the four elements you will need to think about to create safe workouts throughout each trimester.

Recap on the benefits of exercising

Benefits of Exercise in Pregnancy

- Boost your energy
- Sleep better
- Make great friendships
- Reduce pregnancy discomfort
- Prepare for childbirth
- Reduce stress and lift your spirits
- Improve your self-image
- Get your body back faster after childbirth

You may have more Questions so here is a [link to the FAQ on the website](#)

If you need further guidance, [contact us for a chat.](#) We are always happy to help.

Exercise Guidelines

- At the beginning of any exercise session with Keep Mums Fit, or another trainer please inform your instructor if you have any new injuries or medical complaints and exercises will be adapted. If you are following a workout on social media then do modify when necessary.
- Dress appropriately – Good supportive bra and trainers
- Ensure you have water or juice.
- You are working towards your own personal maintenance goal so work at your own pace and ability, you can stop and rest at any time. know your limitations!
- As a rule if you have a head cold you can still train, if it is on your chest it is advised to wait until you are better.
- If you are working with another health professional, i.e. physio it's important you liaise with them and inform them that you are training with Kate Campbell Fitness, it might be necessary to get a clearance note. Exercises may need to be adapted.
- If you choose to work with us, during our personal training sessions we will be looking at your movement patterns, performing basic exercises to ensure you start exercising correctly to prevent injury and to make sure your form is correct.
- We'll be listening to your needs and aims, which we hope will ultimately increase motivation to maintain exercise during your pregnancy.
- We will focus on basic whole-body workouts, so you become familiar with the changes and adaptations necessary as you progress in your pregnancy and will be able to build a regular home programme to compliment your routine.
- Do subscribe to Kate Campbell Fitness YouTube channel where you will find mobility pelvic floor and full workouts to do in your leisure.
- Add variety to your week explore other specialist trainers Pilates, yoga for example. Make exercise part of your life, a habit in which you can commit to, are in control of and which you can do at a time that's convenient to your schedule.
- Reasonable goals of aerobic conditioning in pregnancy should be to maintain a good fitness level throughout pregnancy without trying to reach peak fitness level or train for athletic competition.
- In the resource section of the website you can get more free downloads
- Explore new ways of exercising and learn what exercise you enjoy that makes you feel good and reduces the aches and pains.
- Always listen to your body and rest when you need to.
- If any changes occur please discuss with your health care provider
- **Many mums to be once passed 20 weeks will attend the Antenatal exercise and skills for birth class for friendship support and a regular routine. [Wednesday evenings at 7.30pm](#)**

Exercise Recommendations Keep Mums Fit

These general guidelines for antenatal physical activity taken from a variety of sources such as the RCOG, the ACOG and the American College of Sports Medicine (ACSM)

	Aerobic Training	Resistance / Strength
Frequency	<p>Active Person</p> <ul style="list-style-type: none"> • 3-4 sessions a week up to 14th week • 3-5 sessions up to 28th week • 3 sessions per week after 28 weeks <p>Non-Active Person</p> <ul style="list-style-type: none"> • None before 13th week • 3 per week 13th-36th weeks • 1-2 per week after 36th week 	<p>2-3 sessions per week</p> <p>Encourage other forms of exercise</p> <p>Decrease weight and sets and increase recovery time as pregnancy progresses</p>
Intensity	<p>Talk test: You should be able to hold a conversation. If not slow down you're working too hard</p> <p>Using a scale of 1-10, 0 = doing nothing 10 = working out at your maximum which you would be unable to sustain for more than a few minutes.</p> <p>Your scale during pregnancy should be</p> <ul style="list-style-type: none"> • 5-6 if beginning cardio-vascular exercise • 7 if you are already active. 	<p>Non – Active</p> <ul style="list-style-type: none"> • Lifting light weights with a higher rep range 12-15 reps for 2-3 sets • Effort should feel like a 5-6/10 in terms of difficulty. <p>Active Person (Used to training)</p> <ul style="list-style-type: none"> • Lifting moderate weight with a lower rep range 6-10 reps for 3 sets the effort should feel like a 6-7/10
Time / Duration	<p>Recommendations of at least 150 minutes of moderate intensity aerobic activity per week during pregnancy – this can be taken at anytime</p> <ul style="list-style-type: none"> • 5 – 45 minute per session 	<p>Perform 1 to 3 sets of 6–20RM</p> <p>1-2 minutes rest between sets</p>
Type / Mode	<p>Walking, swimming, aerobics, stationary cycling, cardio gym equipment.</p>	<p>Continue as normal if already active. If not, slow progression from body weight to weights</p>

Exercise Recommendations Keep Mums Fit

These general guidelines for antenatal physical activity taken from a variety of sources such as the RCOG, the ACOG and the American College of Sports Medicine (ACSM)

	Aerobic/ cardiovascular Training	Resistance / Strength
Precautions	<p>Avoid high-impact activities and excessive repetition and rotation</p> <p>Watch for signs of overheating</p>	<p>If no experience prior to pregnancy, caution applies</p> <p>Avoid overstretching and overhead lifts</p> <p>Avoid lifting heavy weights</p> <p>Avoid holding the breath. The intra abdominal pressure causes too much downward pressure on your pelvic floor and abdominals.</p>
General Precautions	<p>Non-active women are advised to seek medical approval before beginning a programme of activity. If any activity causes pain or discomfort it should be stopped immediately. .</p> <p>Avoid motionless standing.</p> <p>Avoid supine exercises (lying on the back) motionless after 16 weeks. Use an incline or cushion</p>	
When to Stop	<ul style="list-style-type: none"> • Excessive shortness of breath • Chest pain or palpitations • feeling faint or feeling about to faint or dizziness • Painful uterine contractions or preterm labour • Calf pain or swelling • Leakage of amniotic fluid • Vaginal bleeding • Excessive fatigue • Abdominal pain, particularly in back or pubic area • Pelvic girdle pain • Reduced fetal movement • Headache or visual disturbance • Muscle weakness • Sudden calf pain or swelling in the ankles, hands or face • Insufficient weight gain (less than 1kg per month) during last two trimesters <p>If you experience any of the above – contact your health care provider for advice</p>	

PELVIC FLOOR

Pelvic floor exercises are a must for everyone.

The pelvic floor is composed of slow and fast twitch muscle fibres, fascia and ligaments, attached to the walls of the pelvis from the pubic bone at the front, to the coccyx at the back. These act like a hammock or strong platform that supports the internal organs of the pelvis (bladder, uterus and bowel).

Under the influence of relaxin in pregnancy, and the progressive weight of the growing baby, the pelvic floor muscles begin to weaken and stretch.

Research suggests that it is pregnancy rather than childbirth itself, which has the greatest effect on the pelvic floor, with 64% of women developing incontinence symptoms during this time. So, pelvic floor exercises are a must!

As well as pregnancy and childbirth pelvic floor problems can occur due to a person's occupation, if they are overweight, or the type of exercise they do (cross fit for example) or running has a great impact on the pelvic floor.

It's never too late to start a pelvic floor programme and Keep mums fit trainers actively encourage you to make the time to perform regularly. Over on the next page you will see 4 pelvic floor visualisations you can perform throughout the day.

One of the elements of all our Keep mums fit programmes is teaching you to become aware of the importance of including pelvic floor exercises into your daily routine to support the stresses and strains placed upon the pelvic floor during pregnancy.

Research has shown that performing regularly these muscles stretch and relax more easily, which can facilitate delivery.

It has also been shown that pelvic floor muscles are stronger postnatally in women who exercised their Pelvic floor muscles during pregnancy than those who did not.

Its much more than a squeeze here and there and more of active recruitment of the correct muscles when we add load and movement.

Incorporate your pelvic floor exercises into your daily routine – from sitting to standing, brushing your teeth, waiting at traffic lights, at your desk, watching TV, making a cup of tea and so on.

As your pregnancy progresses if you feel pain heaviness or experience leakage then do contact a women's health physio for more support.

PELVIC FLOOR EXERCISES

All 4 of these exercises should be performed during functional movements throughout the day in different positions **NOT JUST ON YOUR BACK!**

Try to focus on drawing up every muscle fiber – it is the quality of the contraction that counts. Slow twitch exercises first then perform fast.

Never hold your breath while contracting the pelvic floor and keep the bottom muscles (Glutes) relaxed.

1. The Pelvic Elevator – Slow twitch muscle fibres

You can sit, stand or lie down

Imagine your pelvic floor is like a lift in a building,

The doors close bringing the sides of the PF together, as you tighten, you gently begin to lift upwards to the 1st floor, to the 2nd floor and to the 3rd floor . At the very top you HOLD the contraction up to the count of 5-10 continuing to breathe noticing how your abdominals are also reacting switching on and engaging.

After the hold – with control relax your pelvic floor back down slowly from the 3rd floor to the 1st floor

If you find your contraction fades at the top and completely relaxes...don't worry just build up to holding and you will see the improvement with time practice and patience.



2. The Zip – Slow twitch muscle fibres

You can sit, stand or lie down

Imagine a zip that is difficult to fasten.

The zip starts from the coccyx and ends at the tummy button...

Breathe in holding the zip and as you breath out imagine fastening the zip all the way under the pelvic floor up and over the pubic bone to the tummy button.

As the zip closes imagine each area is closing by drawing together and lifting ...The back passage. The vaginal muscles and the urethra all draw into the centre and lift. Feeling the connection and activation of the transverse abdominal muscle as you reach the tummy button.

Hold for a count of 5 – 10 and slowly release with control



3. The Jellyfish (Fast twitch muscle fibres)

You can sit, stand or lie down this needs to be performed after the first 2 exercises

Imagine how a jellyfish swims through water.

This is the action for this exercise and yes it feels weird!

Your pelvic floor is pulsing quickly drawing and lifting

10 times increasing to 20

Keep breathing throughout



4. The Emergency Stop (Fast twitch muscle fibres)

You can sit, stand or lie down this need to be performed after the first 2 exercises

This is a useful exercise to practice to help you cope with emergencies such as coughing, sneezing, jumping or running

Imagine lifting and tightening the whole of the pelvic floor quickly as if in an emergency.

Hold for about 1 second, then release – keep breathing. Repeat 5 to 10 time



Healthy eating during pregnancy

Healthy eating during pregnancy is no different to healthy eating at any other time – the importance is balance and ensuring you are eating enough of the essential nutrient's vitamins and minerals for both you and your baby.

Top tips for healthy eating

1. Eat plenty of protein – lean meat, chicken, fish, eggs, beans and nuts. Also, a great source of iron.
2. Eat starchy carbohydrates – whole wheat pasta rice, new potatoes. As this will fill you up and is a good source of fiber
3. Eats plenty of fruit and veg – 5 portions a day fresh, frozen or canned.
4. Aim for 2 portions of fish a week, including one portion of oily fish to aid brain and eye development for the baby.
5. Eat plenty of dairy such as milk cheese, yoghurts and green leafy veg. These are a great source of calcium needed for healthy bones and teeth.
6. Ensure you are taking a good quality supplement which include Vitamin D Calcium Iron and folic acid
7. Pregnancy is demanding but eating for two only results in extra weight for you to carry. You only need an extra 300 calories in your last trimester – equivalent to a slice of toast and butter!
8. Make snacks nutritious – high sugary snacks can contribute to bladder infections and rapid raises in blood sugar often making you tired in the afternoon. Try instead to snack on foods that will sustain energy levels for longer. Smoothies, yogurt, nuts, seeds and vegetables.
9. You may be thirstier than normal. Drink plenty of water and other fluids during the day particularly when you are exercising and in hot weather.
10. Gestational diabetes can occur in some women. Minimise the chances by eating 3 meals regularly and cutting excess sugar.
11. Ensure you take a good multivitamin throughout pregnancy

For more about healthy eating and the foods to avoid in pregnancy visit [NHS website](#)

We also have a large range of [Nutritional recipe packs](#) to support your nutrition.

Personal Training
Gym | Class
PATHWAY

KEEP *Mums* FIT

We hope we have given you valuable information to enable you to feel confident exercising through the trimesters with adaptations and modifications according to your own pregnancy journey.

At Kate Campbell Fitness we have embraced a NEW Hybrid Model which means a flexible approach to fitness.

Train ANYWHERE | ANYTIME | ANYWAY

The aim is to deliver safe effective exercises and to give you expert knowledge of how to nurture your body thought out this exciting time in your life.

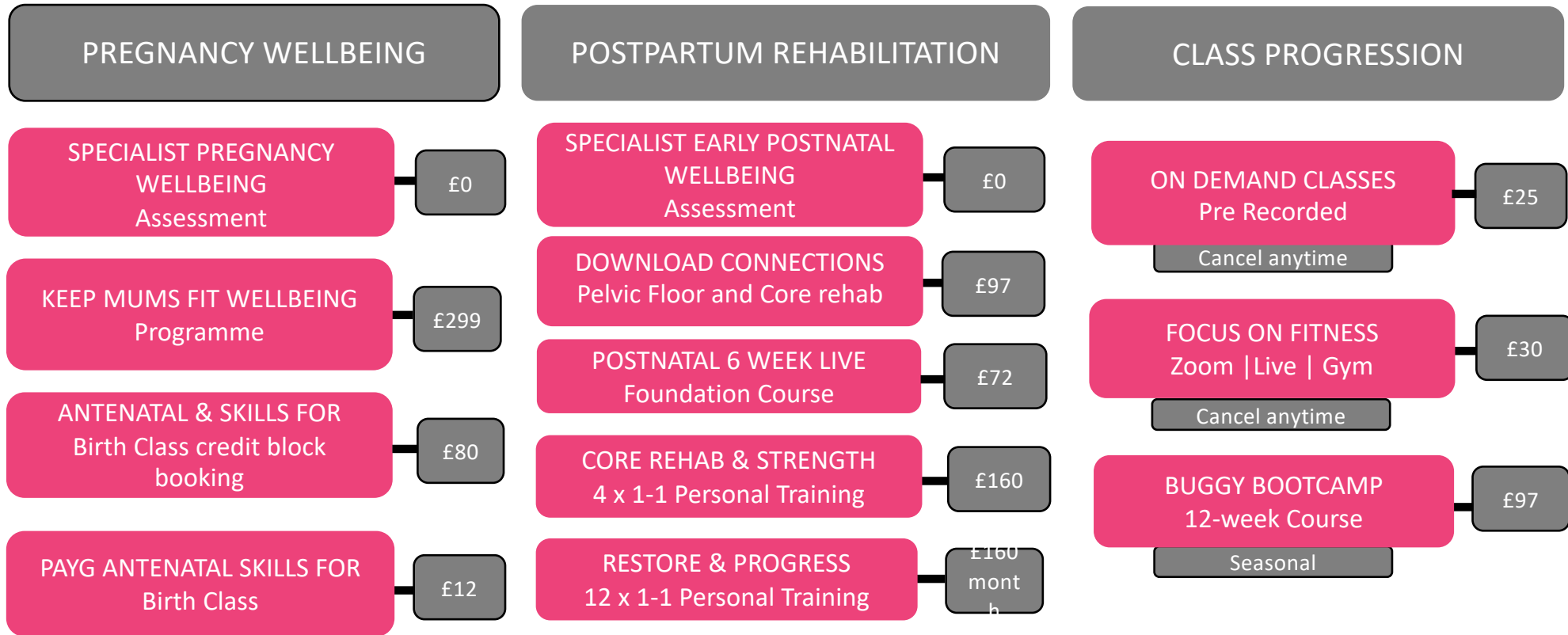
Our programmes and pathway will allow you to feel confident knowing the correct exercises to do during each stage of your pregnancy and the postnatal period. Your body deserves respect and the options we provide have been developed to give you choice, enabling you to decide on one or a combination of services that best suits your immediate needs and and long-term goals.

You may for example choose to start with the antenatal skills for birth classes then, decide to add [on demand](#) classes for a few months to do at home to complement your training.

Look at the options and if you need further guidance [book a 1-1 with Kate](#) or member of the team. We are always happy to help.

KEEP *Mums* FIT

PROGRESSIVE PRE AND POSTNATAL PATHWAY



N.B All Personal training Sessions will convert to online in the event of closure

FREE	Most Popular CORE REHAB & STRENGTH	Best Value RESTORE & PROGRESS	BONUS SERVICES
<p style="text-align: center;"><u>Specialist Early Wellbeing Assessment</u></p> <ul style="list-style-type: none"> ♥ 30 Minute 1-1 ♥ Full Postnatal Screen ♥ Practical abdominal assessment ♥ Postural Assessment ♥ Education and Advice ♥ Written report 	<p style="text-align: center;"><u>From 6 weeks postpartum Personal Rehabilitation</u></p> <ul style="list-style-type: none"> ♥ One off payment ♥ Full Postnatal screen ♥ One 1-1 session a week [4 sessions] ♥ Practical abdominal assessment ♥ Load and impact practical assessment ♥ Education and Advice ♥ Comprehensive PDF exercise and nutrition guide ♥ Video demonstrations to accompany the exercise programme 	<p style="text-align: center;"><u>Reconnect Rebalance Fully Restore</u></p> <ul style="list-style-type: none"> ♥ 3 month Rolling contract ♥ One 1-1 session a week [12 sessions] ♥ Full Postnatal PF and core screen ♥ Load and impact practical assessment ♥ Education and Advice ♥ Nutritional Guidance ♥ Comprehensive 12-week PDF exercise and nutrition guide and online support ♥ Personalised Plan ♥ Access to our online VIP group ♥ Up to 15 % discount on Bonus services and products 	<p style="text-align: center;">DISCOUNTED TO ADD VARIETY AND OPTIONS</p> <ul style="list-style-type: none"> ➔ GYM ONLY £15 / mo. ➔ ON DEMAND CLASSES £10 / mo. ➔ FOCUS ON FITNESS £12 / mo. ➔ PERSONAL PROGRAMME £75 ➔ MASSAGE 3 FOR 2 ➔ 1-1 BOLT ON SESSIONS From £35 ➔ MAINTAINANCE CATCHUP £47 2 x 30 min
FREE Online or Face to face	£160 Online	£160/mo. Online or Face to face	N.B All PT Sessions will convert to online in the event of closure

KEEP *Mums* **FIT**