Benefits of Prenatal and Postpartum Exercise

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- Exercising through the trimesters
  - 1st trimester
  - 2nd trimester
  - 3rd trimester

- Postpartum: The first 6 weeks

- Physician's Clearance
  - Gradual return to exercise

- Diastasis Recti
  - What is it?
  - Self-check

- Postural changes
  - Why do they occur?
  - How to correct

- Postpartum Exercise: Functional Training
  - Example exercises

- Benefits of Exercise
  - Strength Training
  - Beyond Physical Attributes
  - Setting a Good Example