

Benefits of Prenatal and Postpartum Exercise

Mindy Hayward-Hauck, Owner/Instructor, FIT4MOM Upper Arlington

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