

# Mums, Tums & Bums

## Postnatal Exercise Class

### Class Aims

The class is designed to meet the needs of postnatal women:

- Helps to flatten the tummy by shortening and strengthening the abdominal muscles that have been stretched and weakened by pregnancy. The class particularly focuses on the deep tummy muscles that are also important for core strength, posture and back care.
- Corrects the “out-of-line” posture that developed during pregnancy, by strengthening muscles that have weakened and lengthened, eg the bottom and stretching muscles that have tightened and shortened, eg chest.
- Strengthens pelvic floor muscles affected by pregnancy and childbirth.
- Increases strength for holding, lifting and caring for baby and performing one-handed tasks!
- Focuses on correct posture and joint alignments throughout the class and gives advice about posture, back and pelvic floor care in everyday activities.
- Provides some ‘time out’ and the chance to meet with other new mums.

Classes that include a cardiovascular workout also:

- Help to lose weight through a gentle, low impact cardiovascular workout that increases metabolic rate and fat loss without stressing the pelvic floor or joints.
- Increase energy, produce ‘feel good’ endorphins, reduce tiredness and improve quality of sleep.
- Increase circulation and healing.