

# bumpercise

## Exercise in Pregnancy

### Class Aims

The class is designed to help your body cope with the demands of pregnancy, birth and caring for a new baby:

- Improves posture and “core stability” to reduce muscle and joint problems.
- Tones and strengthens muscles that are important during pregnancy and for caring for a new baby.
- Strengthens pelvic floor muscles.
- Gently stretches muscles that become tight during pregnancy, to release tension and improve posture.
- Focuses on correct posture and joint alignments throughout the class and gives advice about posture, back, abdominal and pelvic floor care in everyday activities.

Classes that include a cardiovascular workout also:

- Help to control extra weight gain through a gentle, low impact cardiovascular workout that increases metabolic rate without stressing the pelvic floor or joints.
- Increase energy, produce ‘feel good’ endorphins, reduce tiredness and improve quality of sleep.
- Increase circulation to help with pregnancy symptoms of constipation, varicose veins and piles.