

# Mums, Tums & Bums

## Postnatal Exercise Class

### Class Safety

#### Screening form

Exercise is safe and beneficial for most postnatal women after a satisfactory postnatal check-up. However there are some postnatal problems and medical conditions for which exercise is not recommended and more minor problems for which adaptations need to be made.

You will therefore be asked to complete a screening form before you join Mums, Tums & Bums, to provide details of postnatal and general health problems.

Class members are also asked to let me know of any changes in their postnatal concerns and health whilst attending the classes.

Postnatal check-ups are usually 6-8 weeks after delivery. If you have had a caesarean, it is advisable to wait until 8-10 weeks after the delivery before starting exercise.

#### My qualifications

I am a qualified Exercise to Music Instructor as well as an Antenatal and Postnatal Exercise Teacher. More information is on the Katy Warren page of this website

#### Class content and organisation

Classes are small (maximum of 10 people) so I can properly check and correct people's technique and positioning.

Mums, Tums & Bums classes take account of the following effects of pregnancy and delivery on your body when exercising:

- Weak pelvic floor
- Less stable joints
- Stretched and weakened tummy muscles
- Posture is "out-of-line"
- Poor core stability
- Heavy breasts and breast milk production
- Tired and exhausted
- Healing of caesarean or perineum

Some of these effects last for several months after delivery, e.g. joints are less stable for 5 or 6 months, possibly longer if still breastfeeding.

***If you take part in general classes or have a gym programme please tell your instructor when your baby was born, and whether you're having any postnatal problems, so they can advise you on the suitability of the class/exercise and give you adaptations as necessary.***

You are advised to wear a sports bra to classes to provide proper support and prevent discomfort and overstretching of the ligaments of the breasts and to wear trainers with plenty of support/cushioning.

## **Mums, Tums & Bums** **Postnatal Exercise Class**

If you are breastfeeding, exercising at the intensity we will be working at in the class won't affect the quality of your breast milk at all – as long as you don't become dehydrated. Please drink fluids before, during and after the class.