

# bumpercise

## Exercise in Pregnancy

### Class Safety

#### Screening form

Exercise is safe and beneficial for most pregnant women at any stage of pregnancy. However there are some pregnancy 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 bumpercise, to provide details of pregnancy and general health problems. We will discuss any issues on your form and if I am unsure about the suitability of the class, I will give you a letter to take to your midwife or doctor to ask their advice on whether you should participate.

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

#### Safety Information sheet

All new class members are given a Safety Information sheet which is discussed at the introductory session or first class. This includes information about how you should feel when you're exercising, the warning signs that you may be exercising too hard or that something isn't right and situations when you shouldn't exercise or come to bumpercise.

#### 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.

Bumpercise classes take into account the specific safety considerations when exercising during pregnancy, e.g.:

- Suitable length and intensity of cardiovascular exercise
- Exercising in safe and suitable positions for pregnancy
- Reducing stress to pelvic floor and joints
- Avoiding dehydration, over-heating or low blood sugars
- Care with balance as centre of gravity changes

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.

***If you take part in general classes or have a gym programme please inform your instructor that you are pregnant so they can advise you on these specific safety considerations for exercising whilst pregnant and adapt your workout so that it is safe and beneficial for you.***