

# Mums, Tums & Bums

## Postnatal Exercise Class

### Class Structure and Content

#### Exercises to strengthen and tone muscles – *(included in all classes)*

A selection of standing and mat-based exercises to strengthen specific muscles that are important postnatally:

- Muscles weakened and stretched in pregnancy
- Muscles needed to lift, carry and care for baby
- Muscles that support weak and vulnerable joints, eg pelvis, knees.

Exercises will therefore focus on pelvic floor, tummy muscles (particularly the deep abdominal muscles), bottom, thighs, middle and upper back and arms.

#### Cardiovascular workout – *(included in some classes)*

A fun and gentle workout to music, consisting of low impact easy-to-follow steps. This will burn calories, improve cardiovascular fitness and circulation and increase energy levels, without stressing the pelvic floor or joints. Correct posture and joint alignment is explained and reminded throughout the workout.

#### Stretches – *(included in all classes)*

Mostly mat-based, a selection of stretches to maintain flexibility and release muscle tension, with a particular focus on:

- Muscles that have become short and tight during pregnancy
- Muscles that have shortened and tightened by caring for baby, eg feeding and holding.

Stretches will concentrate on chest, back, neck, hamstrings (back of thighs), hip flexors (front of hips) as well as other muscles worked during the class.

#### Relaxation – *(included in some classes)*

A few moments to relax, rest and unwind at the end of the class.