



Moving for two

BABY ON BOARD FITNESS &
WELLNESS GUIDE



fernwood[®] FITNESS

Congratulations,

YOU'RE PREGNANT!

You've got a baby on the way – what a wonderful time in your life. The arrival of your new bub often leads to quite a few changes to your usual routine – and the loss of a good night's sleep, for at least a few years – but it's all worth it for the joy your new bundle will bring.

From exercise advice and training tips, to four things no-one tells you about having a baby, we've pulled together a few top tips for preparing for bub's arrival.

When you join Fernwood, you'll get access to pregnancy workouts, nutritional info, and more.

Congratulations, again!

Love your *Fernwood family* xx

4 things NO-ONE TELLS YOU ABOUT HAVING BABIES

Skip the fancy toys

It's an unspoken rule that babies couldn't care less about baby toys. Don't dissolve into exhausted tears when your little sweetheart rejects the specially designed educational toy you spent hours scouring the internet for at 3am while breastfeeding. A \$2 spaghetti strainer or your car keys are what they're after.



Save! Save! Save a little more!

It's no surprise babies cost a lot of money. You already know you'll need the obvious things – a cot, a pram and a baby bouncer. The hidden costs that no one seems to warn you about are the frequent 3am online shopping sprees – what can we say, 3am is the new witching hour when you have a newborn. You'll be up all-night feeding and it can get boring in those wee hours. And heaven forbid you turn on an overhead light, so the lure of the backlit laptop to avoid total darkness is strong.



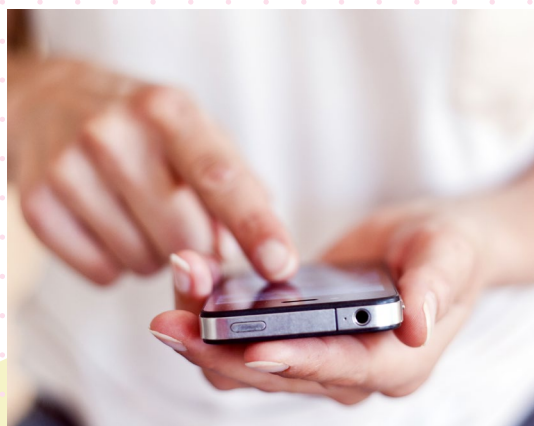
Breastfeeding is natural, but not always easy

We've all seen the serene images of new mothers smiling down at their peaceful newborns as they bring them to the breast for the first time. For most women, breastfeeding doesn't work like that – at least not at first, and that's totally ok and very normal. Breastfeeding isn't easy. It can take a significant amount of time and effort to get your baby established on the breast. From cracked nipples, poor latches and crying over dog food commercials due to the flood of extra hormones, it can be a painful and frustrating process. The good news is you don't need to struggle through it unassisted. If you're battling with breastfeeding, your hospital or midwife can put you in touch with a certified lactation consultant.



You know your baby best

As tempting as it may be to turn to Dr Google with your screaming infant in your arms, it's more likely to leave you convinced that your baby has some rare form of exotic measles instead of needing a good burping. Likewise, it's easy to fall into a guilt trap and lose confidence when you compare your parenting to every single mummy blogger out there. It can be hard to sift through the noise and trust your own instincts. But no one knows your baby and your family like you do, and you're the only one capable of making the best choices for your family. Mum, you've got this.



Exercising

THE BUMP

Staying healthy and fit while pregnant is one of the best things you can do for you and your baby. Even with the discomforts of early pregnancy, getting up and moving around will often help you feel better. Exercise will also help you regulate your weight, prepare your body to carry the baby and get you in shape for childbirth. It's good for your mood, too.

Keep in mind, however, that every body and every pregnancy is different. Listen to your body and rest when you need to.

ADVICE FOR YOUR PREGNANCY EXERCISE

30

Limit your sessions to 30 minutes of moderate-intensity exercise.



Stay cool and drink plenty of water.



Wear comfortable clothes that don't constrict your rib cage or stomach.

Stretch well before and after exercise. Prenatal yoga is a great way to stay flexible and strong.



Build your strength with a focus on your back, shoulders, chest and biceps so you'll be strong enough to pick up and hold your baby as often as they need you to.




Do Kegel exercises daily to keep your pelvic floor strong.

Words by Jasmin King, Group Fitness Manager at Fernwood Liverpool, Seven Hills, Bankstown and North Rocks.

*Disclaimer: Always consult your GP, gynaecologist and/or medical specialist before undertaking any exercise or nutrition regime while pregnant. Always inform your fitness instructor or personal trainer before resuming or beginning a class.

Pregnancy

WORKOUTS



At Fernwood, we have a series of free pregnancy workouts for the first, second and third trimester.

When you sign up for a membership, you'll get access to these workouts, plus a range of other resources on women's health, pre- and post-natal support, nutritional guides, and more.

ONE-ON-ONE SUPPORT

1:1

Even though you are growing a little person, there is still room for some one-on-one support with a personal trainer to make sure you are exercising safely and doing what's best for your body.

Our personal trainers specialise in women's health and fitness, and can create a tailored workout plan to suit your needs and goals.

Find out more.

Visit fernwoodfitness.com.au/clubs to get in touch with your local Fernwood club.

PRE-NATAL PROGRAM

FERNWOOD HAS JUST LAUNCHED ITS PRE-NATAL PROGRAM!

This program has been designed to help you maintain a happy healthy body and mind as you travel through your exciting pregnancy journey.

THE PROGRAM INCLUDES:

- A guide to exercising safely
- Workouts for Trimester 1, 2 and 3
- Managing changes
- Strengthening your pelvic floor
- The importance of core
- Pregnancy nutrition



Interested?

Contact your local Fernwood to find out more about our Pre-natal program.

Follow the official Fernwood Fitness accounts for competitions, recipes, health and fitness tips, and more!

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Get your body MOVING WITH A WORKOUT

Get started by presenting
this page to a Fernwood Fitness club
to receive your
FREE CLASS PASS.

Terms and conditions apply.
Valid at participating clubs only.