



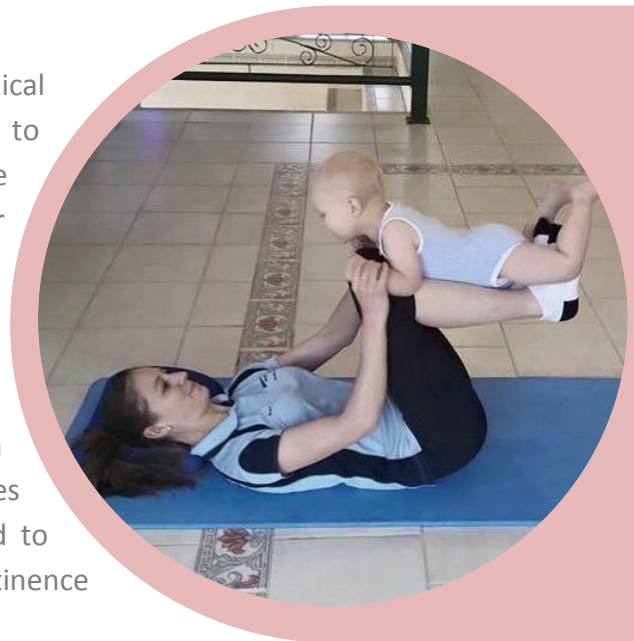
Baby-lates

A unique postnatal Pilates workout while bonding with your baby

Congratulations on the birth of your beautiful baby! The early months of motherhood are precious and exciting and never is there a more important time to nurture and look after yourself. As a new mum, it is natural to want to get yourself back into shape, but it is essential to take your time and exercise wisely. Baby-lates is a wonderful way of looking after yourself after the birth of your baby, as well as an excellent opportunity to bond with your baby through the joy of exercise.

What is Baby-lates?

Baby-lates is a mother and baby exercise class comprised of clinical Pilates exercises specifically designed for the postnatal months to help your body regain strength and tone in a safe and effective way. The emphasis is on strengthening the pelvic floor, deeper abdominals, gluteals and back as well as on opening and relaxing tensions in the shoulders, neck and upper back. The Pilates exercises taught in this class are gentle and tailored to your own ability, allowing you to slowly progress the difficulty of the exercises as your body continues to recover after birth. High priority is given to the pelvic floor and deeper abdominal muscles to assist in the recovery of separation of the abdominals and to prevent against pelvis floor weakness symptoms such as incontinence and pelvic organ prolapse.



Baby-lates is a unique form of mother and baby exercise as it includes movements with your baby's development in mind as well as your own. Attention is given to positioning your baby in such ways that it promotes head and core control, strength in the limbs and movement patterns to facilitate your baby's postural development from lying to walking. Babies need to be given the opportunity to learn and connect with their bodies through movement, to strengthen their muscles and stimulate their nervous system in order to achieve those critical physical milestones over their first years.

PHYSIO-WISE

Be Well...Stay Well



Thursday

10am

\$20 per class

**Rebates available
with private cover**



3 Murray Street

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The classes include special activities to bond with your baby and connect with other mothers. Throughout the class, you will have the option to either involve your baby in the mat exercises, to hold them, to wear them in a carrier, or to have your baby close to you on your blanket. Sometimes babies sleep all class, other times they may want to breastfeed or bottle feed, and other times they are happy to see and hear the other babies around them. Fussing and crying is also totally normal and the babies are welcomed just as they are – they truly are the bosses in this class!

As with all our pre and postnatal classes, Baby-lates classes are supervised by our physiotherapists Kerri Liebelt and Brooke Barrowcliffe who are trained in the field of Women's Health. Kerri and Brooke have also achieved certification and undertaken additional study with the Australian Physiotherapy Pilates Institute into pre and postnatal exercises. Our classes are kept to small numbers to ensure that every women participating has constant supervision and feedback, and every exercise is monitored to match to the ability of each individual.

Prior to commencing the class, it is recommended you seek an assessment from one of our Women's Health Physiotherapist to discuss any health issues you may have, to check for the presence of separation of the abdominals, and teach you how to correctly contract those important deeper abdominals so you can gain the greatest benefit from your workout. We also require clearance from your treating GP, Obstetrician or Midwife if you are less than 3 months post-natal or if you had any complications during your pregnancy or labour.

Participation may commence 8 weeks postnatally, or 12 weeks post caesarean delivery, but this is at the discretion of the physiotherapist and other medical practitioners that are involved in your care, and is also dependent on the health and strength of your baby. It is recommended that your baby has started to show signs of head control prior to beginning the class in order to easily transfer from one position to the next.