

*Mummy***FIT**[®]

Post Natal Exercise Guide

Congratulations on your new arrival!!

The world of postnatal exercise can be quite confusing so here are our MummyFIT top tips to help you along your way.



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(1) Book in to see your G.P

A key stage before starting any exercise regime or class is to book into see your G.P.

The minimum post natal time guidelines to wait to returning to exercise is 6 weeks natural delivery and 10-12 weeks post C section following your GP sign off to exercise.

At your GP appointment you should be confident to ask questions and ask your GP to check for any ab separation (Diastasis recti). If you're unsure about ab separation, please watch our Ab check Video and read the MummyFIT Diastasis recti Guide.

(2) Invest in a specialist company or health professional

Regardless of whether you suffer from any of the postnatal conditions detailed below, it is important to invest in someone (company or individual) who is qualified and insured to train you. If you're using a P.T then make sure they have specialist knowledge of the pre and post natal client and hold a minimum of a level 3 certificate in pre and postnatal exercise prescription.

Here at MummyFIT, be assured that you are in safe hands as all of our trainers are Level 3 Personal Trainers and L3 Pre and Post Natal Exercise Specialists and our online program has been designed for every trimester of pregnancy and postnatal recovery by experienced industry experts.

(3) KNOW THE SIGNS OF COMMON POST NATAL CONDITIONS

Having a baby can put stress and pressures on certain muscles in the body. Due to higher levels of hormone production (relaxin) this can make certain movements and exercises painful, many of which are highlighted below. Whilst we always offer alternative exercises at all of our MummyFIT classes and when following our online workouts at home, it is important to seek specialist advice if your symptoms persist or worsen.

WEAK PELVIC FLOOR

We advise that you start working on your pelvic floor throughout pregnancy and as soon as you can after the birth of your baby. Ideally you should start daily and work up to 2-4 times a day working on both squeezing techniques and functional movements.

Due to the increasing weight of your baby during pregnancy, stress on the pelvic floor muscles and can cause weakness post birth (regardless of delivery) leading to:

- . Urinary incontinence (wee)
- . Faecal incontinence (poo)
- . Prolapse

Strengthening your pelvic floor can start before your 6 week sign off to exercise through specific pelvic floor exercises such as “kegels”

Attend our postnatal MummyFIT classes following your GP sign off at any of our premium health club venues around the country or you can work out with us at home by following our 6 week postnatal workout program which will give you specific functional exercises to help regain your strength.

The good news is it's never too late to start!

ABDOMINAL SEPERATION (DIASTASIS RECTI)

Abdominal separation (diastatis recti/DR) is the separation of the six pack muscles (rectus abdominal muscles) along the midline of the tummy (abdomen). During pregnancy, due to your growing baby and hormonal changes, the connective tissue (linea alba) of the six pack can become stretched and weakened. A ridge, dip or gap can develop in this connective tissue anywhere between the lower breast bone/sternum (the xiphoid process) and the pubis. This can result in abdominal and pelvic floor weakness and impaired core muscles.

If the severity of your ab separation is substantial we advice you seek specialist medical advice such as a women's health physiotherapist or GP.

Every single Mummy who attends our physical classes will have a full screening and ab check prior to any exercise. If you are unsure of how to check your Abs for separation follow our MummyFIT Ab Check Video.

CARPAL TUNNEL

Carpal tunnel syndrome is a fairly common condition in postnatal mummies and one that should not be ignored. Due to increase oedema (swelling) in the tissues of the wrists this causes stress on the ligament swelling in the median nerve causing tingling, discomfort, pain, numbness and weakness in the wrists.

Any movements which increase flexion on the wrist joints such as press ups, burpees, bear crawls and holding weights and in severe cases just holding your baby can be problematic.

Exercise adaptations which keep the wrist in a neutral position can reduce and alleviate symptoms, however, carpal tunnel syndrome can cause long term disability. If you have carpal tunnel symptoms and they persist then you should book in to see a specialist or G.P.

JOINT LAXITY AND PAIN

Due to an increased production of the hormone relaxing in trimester two and three you may be more susceptible to joint pain and laxity. This continues for 6 months (and beyond) post pregnancy and until you are no longer breast feeding.

It is important to reduce impact for the first few months, avoid any exercises or movements which induce hyperextension and listen to that body if you do pick up any injuries or joint pain.

(4) GET SOCIAL: BOOK IN TO A MUMMYFIT SESSION OR WHY NOT WORK OUT WITH US AT HOME

The benefits of exercise both physically and mentally are well documented. In our opinion exercise is the BEST postnatal advice we can give to you. You can book into one of our premium health club locations across the country or alternatively work out with us at home by following MummyFIT postnatal online workouts by subscribing to MummyFIT 'At Home' and join our social media networks and connect with thousands of other likeminded mummies.

(5) SET YOUR GOALS AND BE REALISTIC

It is great to write yourself postnatal goals but don't be too hard on yourself. Your body has been through a lot of changes and it's taken 9 months to grow your baby so don't get disheartened if your goals take longer than anticipated. Goals such as weight loss or muscle definition/ tone have so many variables and are affected by hormone levels which are influenced by sleep or shall we say lack of, nutrition, physical wellbeing in both a positive or negative way.

You can discuss your goals with your MummyFIT Trainer so that you can set some realistic milestones involving regular exercise and following the MummyFIT 'Best Shape Ever' Nutrition Program.

If you can't get down to a MummyFIT class, our MummyFIT at Home 6 week postnatal workout program has been designed to be safe and progressive and aims for you to complete each 15 x minute workout 3 times a week before moving onto the next one.

(6) NUTRITION AND HYDRATION

To look after your baby, you must first look after yourself. Good Nutrition is key to achieving your goals but also to achieve a sense of overall wellbeing and good health.

We offer a personalised MummyFIT postnatal nutritional plan to all of our MummyFIT members (who attend our classes). There are also many recipes on our MummyFITUK website which have been designed to be quick, easy, delicious and nutritious for you and your family. For more recipes and online cooking videos you can follow along with you can sign up to a 10 day free trial of MummyFIT at Home.

If you're not a current MummyFIT Member but would like to know more please email us at nutrition@mummyfituk.co.uk

(7) FIND A SUPPORT GROUP OF LIKE MINDED MUMMIES

Finally, no one can give you all the advice you need as a new mummy and looking after baby!! Whilst it's an amazing and lifechanging event (and all for the right reasons!) sometimes it can really feel like the walls are closing in! The first thing to realise is you're not alone!!

There are so many likeminded mummies out there, just like you need that support and help!.. Remember sometimes a problem shared is a problem halved. Our biggest advice is to:

Get out and get MummyFIT at one of our Premium health club locations gives you time to work out and to socialise with other likeminded mummies 😊

If you can't make the physical sessions then why not join our online MummyFIT at Home Facebook Community to share ideas, ask advice and get that extra support and motivation you need every day.

We have two Facebook Group MummyFIT Members, for all our current class MummyFIT Members and MummyFIT at Home for all our online members.

Why not search for us and ask to join our MummyFIT community today!