



Postnatal Pelvic Program

During pregnancy there is an increased pressure on the pelvic floor and childbirth can stretch and damage the pelvic floor muscles. If your pelvic floor muscles are weakened, you may find that you leak urine when you sneeze, cough or laugh... this is common and you shouldn't feel embarrassed. However, by performing pelvic floor exercises, you can strengthen these muscles to help reduce or avoid stress incontinence after pregnancy.

Join a group class with other new moms and get your body back after childbirth.

What to expect in class:

0-6 weeks postpartum: With the clearance from Physician

Breathing exercises: The abdominals were lengthened throughout pregnancy and can take some time to settle, leaving some women feeling disconnected to their body. Working on breathing exercises will help regain body awareness and better muscle function throughout the pelvic floor. Light bodyweight movements to regain strength, Short walks to build endurance.

7-12 weeks postpartum:

All of the above, while adding in bodyweight movements, strength training, and longer bouts of walking to increase endurance.

13-42 weeks postpartum:

Final phase of postpartum conditioning is to prepare your body for physical activity of choice. Whether its strength training, training for a marathon or just keeping up with your new baby, we want this next chapter in your life to be healthy, fit and ready for all aspects of motherhood!

Being a new mom is challenging in so many ways- learning about your new child, learning about your own body and regaining the confidence and energy you need to support yourself and this new life you have created. Roseville Health & Wellness Center is here to help you along this journey.

2 days/week with our women's health specialist coach (Tuesday's & Thursday's at 1pm)

Price: \$99 for a 4 week session or \$15 drop in fee per class

**Sign up at the Front Desk or call Lisa at
916-677-1200 to reserve your spot today!**

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