



Roseville Health & Wellness Center

Women's Health Postnatal Exercise Program (P.E.P)

Birthing your baby is a physically challenging and life-changing event. Whether vaginal or cesarean you can take awe at the resilience and capability of your body. Proper Post-Natal activity is highly beneficial for pelvic floor, core, posture, circulation, mood, sleep, strength and stamina.

We are now offering our program virtually for those who have been cleared for physical activity. Participants will be guided step by step from the initial consultation, obtaining the "exercise kit" as well as virtual classes 2x per week. This program can be utilized as a foundation for a safe return to exercise/sport or employment.

P.E.P Trainer, Heather Crivellone is RHWC's Pre & Postnatal Fitness Specialist. Heather has a Bachelor's of Science – Kinesiology with an emphasis in Fitness, Nutrition & Health from San Diego State University with special training & certifications in Women's Health.

Exercise kit includes:

Theraband
Resistance Band
Pilates ball (core & stability)

Additional equipment needed:

Your own mat/ yoga (something to sit/lay on)
Light weights (3-8lbs)

All classes will be done virtually via zoom in the comfort of your own home!

P.E.P Classes 2 days week- Tues/Thursday 1pm

Tuesdays & Thursdays at 1pm

Starting in September (just after "Labor Day")



***For more information on
Postnatal Exercise Program
or to get started call
916-677-1200***

1650 Lead Hill Blvd, Roseville | 916.677.1200
www.rosevillehwc.com | Like us on Facebook