



FitBack & Bumps is an exciting new Educational Exercise Programme bringing new mums and mums-to-be together to share their pregnancy experience. These are Antenatal and Postnatal exercise classes with a difference!

Our classes are unique because they are delivered by **Chartered Physiotherapists** so expert guidance and instruction is guaranteed throughout, helping remove the fear women have about exercising during pregnancy and after they have had their baby. You are in safe hands at this crucial time in your life - this is what makes us different!

The FitBack & Bumps Programme teaches you:

- how to exercise safely during and after your pregnancy
- how to improve your posture
- how to flatten your tummy after pregnancy
- why things may be hurting and how to fix them
- how to reduce stress incontinence by strengthening your pelvic floor
- how to reduce pelvic and back pain by strengthening your core

The classes last an hour and run for four weeks. Each session involves mat and gym ball exercise and education from the **Physiotherapist** to help prepare your body for the demands of pregnancy or overcome the effects of it. You will need to bring your own gym ball but mats will be provided.

Ante-natal classes start on **Tuesday 13th March at 6pm** and the post-natal class starts **Sunday 22nd April at 3pm**.

Classes are held in the church hall of All Saints Church, Stanbridge Road, Tilsworth, LU7 9PS.

Contact **Jo Dyson**, Chartered Physiotherapist on **07748 784420** or email [fitbackandbumps1b@hotmail.co.uk](mailto:fitbackandbumps1b@hotmail.co.uk) to book a place. The course costs **£60** which includes an information pack detailing all the exercises.

[www.fitbackandbumps.co.uk](http://www.fitbackandbumps.co.uk)

It is also possible for Jo to run the classes at your own home if you have the space, please get in touch to arrange this!

