

POST PARTUM TRAINING



A tailored holistic program designed specifically to repair strained tissues and promote the healing processes within the body, and have you reclaiming vitality, stronger health and well being.

**For more information contact ENVY by email
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3 FUNDAMENTALS OF POST PARTUM TRAINING



Scientifically Designed Program

- Individually tailored exercise programming for you to promote the healing of traumatised uterine, abdominal and pelvic muscles and stimulate a return to normal muscle tone.
- Our specialised exercise programs after birth promotes positive psychological benefits, improving coping mechanisms with stress and minimises post-partum “blues”.
- Our scientifically designed exercise programs are multi-beneficial as not only will you have positive psychological changes but it will play a major role in improving your physiological health and fitness.



Targeted Resistance Exercise Programs

- The anatomical, biomechanical and physiological changes that occur during pregnancy create a need for specialised exercise prescription and modification post pregnancy to enable your body to be a strong Mum.
- Aim to strengthen “vulnerable” joints associated with hormone release during pregnancy, return to normal and prevent further weakening and strain.
- Pregnancy can reduce pelvic floor muscle strength and cause long-term bladder and bowel problems or pelvic organ prolapse, exercise is the most effective therapy used for improvements in strength and pelvic floor control and crucial in our tailored programs.



Individualised Nutrition Plan

- Receive education and guidance to unravel the science behind food and energetics of the human body, ensuring you have the keys to unlock your maximum potential.
- Learn how your nutritional needs are higher during lactation than during pregnancy and what you must include in your diet.
- Food plans, guidance and recipes are all provided to ensure that the theoretical knowledge is backed up with practical, real life solutions and meal preparation.