

Moms in Motion

Program Components

The St. Francis Wellness Center Moms in Motion program emphasizes a safe and personalized approach to pregnancy and recovery. Your exercise specialist will meet with you two to three times per week to provide you with a program designed at the appropriate intensity level for your pregnancy. You will also receive education on nutrition during your pregnancy from a St. Francis registered dietician. The exercise specialists and registered nurses at the Wellness Center will provide appropriate encouragement and advice throughout your program.



Cost

We want to design a program especially for you. We offer several different packages to fit your needs. These range from a monthly membership, to a yearly membership. Each package will include a free fitness assessment and at least two personal training sessions per week.

Call the St. Francis Wellness Center at 706-320-3790 or log on to www.wecareforlife.com for more information and pricing.



St. Francis
Wellness Center

2000 16th Avenue | Columbus, Georgia 31901
706-320-3790 | www.wecareforlife.com

*An exercise program
designed specifically for women
during pregnancy*



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Exercise is important for women during pregnancy. It can help prepare you for labor and childbirth. The

St. Francis Wellness Center offers an exercise program designed specifically for women during pregnancy. Our exercise specialists are certified in pre and post natal fitness and can offer women personalized programs to fit their needs during pregnancy and after childbirth.

Benefits of Exercise During Pregnancy

Regular exercise builds bones and muscles, gives you energy and keeps you healthy. It is just as important when you are pregnant. Becoming active and exercising at least 30 minutes on most, if not all, days of the week can benefit your health in the following ways:



- Helps reduce backaches, constipation, bloating and swelling
- May help prevent or treat **gestational diabetes**
- Increases your energy
- Improves your mood
- Improves your posture
- Promotes muscle tone, strength and endurance
- Helps you sleep better

Regular activity also helps keep you fit during pregnancy and may improve your ability to cope with the pain of labor. It will be easier for you to get back in shape after the baby is born. You should not, however, exercise to lose weight while you are pregnant.

How Does It Work?

Before beginning your exercise program, talk with your doctor to make sure you do not have any obstetric or health condition that would limit your activity. Ask about any specific exercises or sports that interest you.

To enroll, a physician referral is required. We will work with your physician to obtain the needed information.

You will exercise in our medically supervised program, which will include staff, such as registered nurses and exercise specialists. An individual exercise program will be designed for you, and you will be instructed by an exercise specialist.

We will monitor your exercise during pregnancy as well as up to 16 weeks post partum.

You should consult with your physician before starting an exercise program. Pregnant women with certain other medical conditions, such as high blood pressure, will be advised by their doctors when and if exercise is appropriate. Women with one of the following conditions may be advised by their doctors not to exercise during pregnancy:

- Risk factors for preterm labor
- Vaginal bleeding
- **Premature rupture of membranes**

