



Fit Momma

Get your body back in balance.

A 60 minute cardio and strength training class just for the Momma and the baby.

- Lose Pregnancy Weight
- Strengthen the Momma Muscles

901-522-1559

718 Harbor Bend Road Memphis, TN 38103



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Fit Momma

- Get your body back in balance.
- Meet other new Mommas.
- Share Momma moments.
- Have Fun!

Items to bring:

- stroller • carrier • hat and sunscreen (For momma and baby. we will occasionally exercise outdoors) • water, juice, Formula, etc.
- blanky and a binky • diapers • anything to keep baby comfy.

Do I need a special stroller?

Any stroller will do as long as it is sturdy and not prone to tipping.

How old can my child be?

You may bring them as early as 6 weeks and up to 3 years. They must be "stroller age."

What if my baby cries?

Our instructors will try to soothe your baby to allow you to continue your exercise. However, Mommy is always best, so Feel Free to stop exercising at any time to tend to your baby. Everyone will understand!

Do I need my doctors permission?

Yes. It is always important to get permission From your doctor to begin any exercise program aAfter giving birth.

What if the class is too hard?

There are modifications For each exercise that you can do. All levels are encouraged to attend.

Key points For postnatal exercise

- keep Fluid intake high
- wear good breast support
- stop exercise if there is pain or an increase in bleeding
- exercise should not be so vigorous as to create additional Fatigue
- start slowly and increase gradually but steadily. We will be your guide.

For more inFormation please contact our instructor:
Star Ritchey (901-461-2049, stars1473@hotmail.com).



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