



# Moving Mums

**Exercise and  
support classes for  
mums, new mums,  
and mums to be.**



From finding out you're expecting, to keeping active with your baby, KAL are keen to support you in a fun and safe way with our Moving Mums programme.

For more information, go to [kalfitness.co.uk](https://www.kalfitness.co.uk)

# Activities for everyone

We've got lots of activities to choose from. With these ones, you can simply turn up, and go at your own pace.

## **Aqua relax**

Special pool sessions with low lighting and calming music.

## **Group exercise classes**

Aerobics, BodyPump, Circuits, Group Cycling, Yoga, Aqua Fit/Med, BodyBalance. These are designed for mums that have been exercising pre-pregnancy.

## **Relaxation / Meditation sessions**

You can do these at home using YourKAL On Demand via the KAL app.

For more information, go to [kalfitness.co.uk](http://kalfitness.co.uk)

## **10 free swims\***

For pregnant women and new mums at any KAL swimming pool.\*\*

\*Not available while COVID-19 restrictions are in place.

\*\*Once Maternity Exemption Card has been shown.

## **Gym**

If you don't want to join in with a class, no problem. You can hop on a bike or a treadmill, or use any of our strength machines or functional equipment.





# Specialist activities

We also have some more specialist classes that are run by our qualified pre and postnatal exercise specialists.\*

## **Pregnancy Fit**

Aerobic and strength class, specifically for prenatal women.

## **Active Mums**

Aerobic fitness class for postnatal women, with the option of bringing baby along, up until crawling age.

## **YourKAL Pregnancy Workouts**

A selection of bodyweight and strength workouts available on demand via the KAL app.

## **Prenatal Pilates and Yoga**

Classes designed for your changing body, to help you stay strong and move well throughout pregnancy.

## **Postnatal Pilates**

Specific exercises to support your recovery and build up your core strength. Babies are welcome up until crawling age.

## **Buggy Movers**

Outdoor exercise class with babies in buggies. It's a great way to improve your strength and cardiovascular fitness with a mix of group exercises.

\*Just get the all clear to exercise from your medical professional.

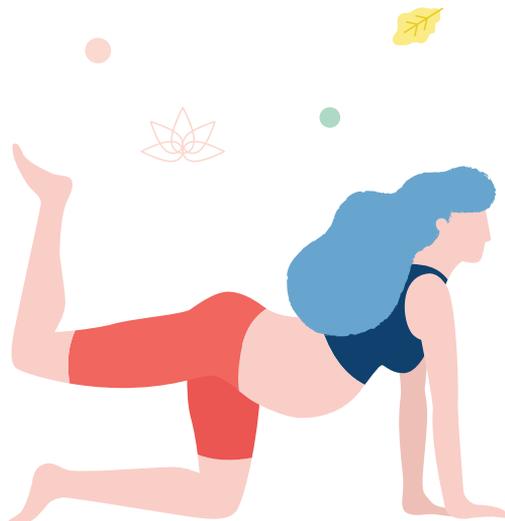
**Book your space via the KAL app.**

# Beginner's gym workout

Whether you want to stay active while you're pregnant, or get back into fitness again after having your baby, this workout is a little taster to get you started.\*

Just remember to warm up before you get going, and cool down when you're done. And always listen to your body. If an exercise is too difficult, or if you're not too sure what to do, just speak to one of our fitness instructors.

Take this workout with you and give it a try.



\*Just get the all clear to exercise from your medical professional.



<b>Warm Up</b> <b>Feels Like</b> <b>4-6/10</b>	<b>Cardio</b>	5-8 minutes on either: <ul style="list-style-type: none"><li>• Stationary Bike</li><li>• Treadmill</li><li>• Rower</li><li>• Cross-Trainer</li></ul>
	<b>Mobility</b>	<ul style="list-style-type: none"><li>• Arm circles, forwards and back</li><li>• Hip circles, both directions</li><li>• Lying hip bridge x 10</li></ul>
<b>Workout</b> <b>Feels Like</b> <b>6-7/10</b>	<b>Seated Shoulder Press</b>	12-15 reps x 3 sets (rest 45-60 sec)
	<b>Lat Pull Down</b>	12-15 reps x 3 sets (rest 45-60 sec)
	<b>Step Ups</b> (Dumbbells Optional)	Low to Medium Step 30 seconds stepping up and down / 30 seconds rest x 3
	<b>Deadlift or Squat</b>	Medium weight. Feet wider than hip width. 12-15 reps x 3 sets (rest 45-60 sec)
	<b>Press Up / Chest Press</b>	Engaging core muscles. 12-15 reps x 3 sets (rest 45-60 sec)
<b>Cool down</b> <b>Feels Like</b> <b>3/10</b>	<b>Cardio</b>	Alternative cardio to warm up. Start at a 6/10 for 2-3 minutes then gradually decrease intensity.
	<b>Stretch</b>	Standing stretches of major muscles used (legs, chest, back) for 10-15 seconds each.

# Physical activity for pregnant women



Helps to control weight gain



Helps reduce high blood pressure problems



Helps to prevent diabetes of pregnancy



Improves fitness



Improves sleep



Improves mood

**Not active?**

Start gradually

**Already active?**

Keep going



Do **muscle strengthening** activities twice a week

**Every activity counts**, every minute counts, more is better

**No evidence of harm**

**Listen to your body and adapt**



**Don't bump the bump**

UK Chief Medical Officers' Physical Activity Guidelines, 2019



# Physical activity for women after childbirth (birth to 12 months)



Time for yourself - reduces worries and depression



Helps to control weight and return to pre-pregnancy weight



Improves tummy muscle tone and strength



Improves fitness



Improves mood



Improves sleep

**Not active?**

Start gradually

**Active before?**

Restart gradually



Start pelvic floor exercises as soon as you can and continue daily

Build back up to muscle strengthening activities twice a week

It's safe to be active. No evidence of harm for post partum women

Depending on your delivery listen to your body and start gently



You can be active while breastfeeding

# One-to-one activities

## Personal Training

Having someone there for every workout to provide motivation, direction and to keep you exercising safely can greatly improve how often you exercise, as well as how much you enjoy it.

Find out more about our personal trainers at [kalfitness.co.uk/personal-training/team](https://kalfitness.co.uk/personal-training/team)

## Moving Mums Q&A Sessions

Call in to speak to a pre and postnatal exercise specialist and set activity goals, ask any questions and find out what's on at your local centre.



A safe environment for children under 7, including:

- Play gym
- Ball pools
- Spider-web maze
- Three slides

