

# WHICH COURSE IS RIGHT FOR ME?



We offer a range of Postnatal-specific courses. This guide will help you see which course is the best fit for you.

*[Click on the course name for more information.]*

## ◆ You have a young baby and you want to start to get back into some form of exercise

This is a gentle but comprehensive programme to start getting your body back to feeling strong again.

We will cover pelvic floor rehabilitation, core muscle strengthening, posture, general strength and flexibility.



### POSTNATAL REBUILD COURSE

*Available as a pre-recorded course or to attend live.*

## You have issues with pelvic floor control ◆



You may experience pain or heaviness around the hips and pelvis.

You may leak if you cough or laugh, or try to run or jump.

You are hesitant to do anything a little more energetic.

You may wear pads because you don't know when it might happen; or you have tried to start getting back into more intensive exercise but find the leaking is getting worse.

Your baby is at least 6 months old (but may be much older!)

### PELVIC FLOOR REBUILD COURSE

*Available as a pre-recorded course to access and work through at your own pace.*

## ◆ You are struggling to regain your core strength

You think, or know, that you have an abdominal separation.

You feel very weak around your stomach and back and you are struggling to bend, lift and maneuver your body easily.

You may have tried to build strength through the abdominals without getting anywhere; or even going backwards.

Your baby is at least 6 months old (but may be much older!)

### DIASTASIS RECTI RESTORATION

*Available as a pre-recorded course to access and work through at your own pace.*



## You are struggling with a lot in your body; it's been a while since you had your babies and you don't know where to start ◆

### **THIS IS OUR SIGNATURE COURSE**



You may not have much confidence in your body at all. Maybe you are leaking every now and again, or even consistently, doing certain activities. Maybe you've tried pelvic floor exercises and they haven't worked. Maybe you still feel quite weak in the body and experience pain doing some basic tasks. You may have tried a few things that haven't stuck, or worked, and you don't know what to do to regain your strength.

You feel you would benefit from more support and guidance as well as accountability. You want to understand how your body should be working so that you can support your healing better. You want to get back to doing some exercise; and you have the time and the determination to make a difference.

Your children are a little older and are no longer babies.

### WHOLE BODY REBUILD COURSE

*Available as a pre-recorded course plus live sessions and 1:1 coaching*