



Pregnancy and Exercise Certification

Remove the mystery around exercise for pregnant women



This workshop is a specific & practical program that will provide the trainer with a sound knowledge and broader understanding on how to safely train & work with pregnant women.

The program identifies the physiological changes experienced during pregnancy as well as the effects on the baby. Through a range of practical components, the trainer learns safe and alternative ways to work with a pregnant woman, whilst still attaining an understanding of the theory of both the anatomical and physiological changes that occur in a woman's body during the course of pregnancy.

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- Learn how the body changes during pregnancy and how to change the exercises to better suit the needs of that client.
- Gain a detailed understanding on the effects on the fetus and how the body changes in response to the needs of the fetus, and all the variables needed in order for it to grow and develop.
- Experience key practical components for Yoga, Pilates & Ball work
- Learn the precautions that need to be taken, and the contraindications to exercise
- This workshop gives a trainer greater confidence, understanding and empathy for working with women who are pregnant

Pregnancy creates a range of physical changes which can alter the quality of musculoskeletal function, both short & long term. This workshop incorporates a range of exercise options to maximise spinal health before & after pregnancy.