



EDUCATE YOUR BODY
EXERCISE YOUR MIND
PREPARE YOURSELF FOR
MOTHERHOOD

PO Box 689, Harrogate HG1 9LA,
North Yorkshire
email: info@fitback.co.uk
Website: www.fitbackandbumps.co.uk

Dear Mums and Mums-to Be!

Thank you for your interest in our FitBack & Bumps Programme.

Did you know that only 15% of women exercise at recommended levels during pregnancy? Up to 80% of women suffer from back-related pain and up to 70% of women suffer with stress incontinence during or after pregnancy. By attending our Programmes, you can help reduce this incidence.

FitBack & Bumps is an exciting new Ante and Post Natal Educational Exercise Programme - the first of its kind in the UK, taking health and exercise in pregnancy to a whole new level. It will ensure you are doing all you can to prepare physically for a fitter pregnancy, smoother delivery and post natal recovery.

1. What is different about FitBack & Bumps?

For pregnant and post natal mums, there are many classes out there and it can be difficult to choose the right one. However, not all of them are being run by appropriately qualified instructors.

FitBack & Bumps Programmes are delivered solely by Chartered Physiotherapists so expert guidance and instruction is guaranteed throughout. We are not only able to explain *why* you might be aching but also show you *how* to fix it!

FitBack & Bumps brings mums and mums-to-be together to share their pregnancy experience and make long-lasting friendships. This is not just an exercise class. We help you to prepare physically for labour by advising on foetal positioning to ensure a safer, smoother delivery. We teach all participants useful relaxation techniques to help you during and after your pregnancy. The FitBack & Bumps Programme will teach you:

- ✓ how to exercise safely during and after your pregnancy
- ✓ how to reduce stress incontinence by strengthening your pelvic floor muscles
- ✓ how to improve your posture
- ✓ how to reduce pelvic and back pain by strengthening your core
- ✓ how to flatten your tummy after pregnancy

2. What is included on the Programme?

In addition to the benefits outlined above, you will be provided with a FitBack & Bumps Pack which includes extensive information educating you on how your body is changing during this time. Also included are high quality exercise cards and a gym ball and pump enabling you to continue the exercises at home or at the gym. All participants will be given access to our interactive website with forums, blogs, tips on pregnancy-related topics, Ask the Expert a Question, etc.

All Ante and Post Natal Programmes are 4-weeks in duration. Each session lasts one hour. Each session comprises an educational component where topics such as the pelvic floor, exercising during and after pregnancy, maintaining and regaining your core, the importance of your posture, etc, are



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discussed. The exercise component will teach you exercises and stretches to strengthen your core and pelvic muscles and reduce neck and back pain.

3. How can I Pay for the Programme?

Costs start from £95 for a 4-week Programme however you should speak to your local FitBack & Bumps instructor regarding the cost of the Programmes being run in your own area. If you are having difficulties in funding the Programme, there are alternative payment options available to you. You can either:

1. Use your government pregnancy grant if you're a mum-to-be who's at least 25 weeks pregnant. The payment is called 'Health in Pregnancy Grant' and is to help you prepare for the birth of your baby. The grant will be a one-off payment of £190 for each pregnancy. It will not affect your tax credits or any other benefits. See the FitBack & Bumps website (www.fitbackandbumps.co.uk) for more details.
2. Because classes are run by Chartered Physiotherapists, full or partial costs may be recoverable through your Private Medical Insurance Policy. Check your policy for more details. When contacting them, if you are unsure how to describe FitBack & Bumps, mention that you are attending a small group, physiotherapy-led education exercise programme which includes exercises to help you during and after pregnancy. You may also need a referral from your GP. FitBack & Bumps can provide you with a receipt to claim costs back.

Please find attached a registration form for you to fill in before attending the programme. This contains some questions about you and your pregnancy to make sure you are suitable to attend. As long as you have had a healthy pregnancy there should be no problems. Please send this back to your FitBack & Bumps Instructor along with payment for the Programme (verify with your Instructor to whom cheques should be made payable to). Your Instructor will review the questionnaire and contact you if there are any problems. You will receive confirmation of your place along with relevant dates and times.

We hope to see you on the next Programme! But if you still need convincing, log on to our website and check out the testimonials on www.fitbackandbumps.co.uk/testimonials.php.

All the best,
The FitBack & Bumps Team

Testimonial from Lesley, Lead Midwife for Midwifery Led Care for Leeds Teaching Hospitals

"I attended the post natal FitBack & Bumps Programme in Feb 2009. I had been suffering with neck problems since the birth of my little girl 11 months before. The fact that the programme was run by Chartered Physiotherapists gave me confidence in the Programme. I was looking for exercises to help with my problems and to ease my pain. FitBack & Bumps certainly delivered. The course was professionally run and very enjoyable. I got to meet other new mums and share the experience of being a mum. I am glad to say that my neck is now pain free! I am more than happy to recommend the programme... it was worth every penny!"