



Mamas Pilates™ Pregnancy and Postnatal Exercise Online Guidelines

Before completing any of our online Exercise sessions please ensure the following:

- Ensure you have completed, signed, and returned your PARQ/Informed Consent or Health Commitment Statement to your Instructor before you start the class
- You are fit and well
- You are wearing layered clothing that can be removed if you are too hot
- Ensure the area is safe, trip and hazard free
- Stop exercising if small children or pets enter the room so there is no risk to yourself or them
- Ensure your room is ventilated
- Ensure you have drinking water to hand
- Do not eat anything 1 hour before exercise although a yoghurt and fruit would be fine 30 mins before exercise as it is easy to digest
- Tell your instructor immediately if you have any concerns
- Stop exercising and tell your instructor immediately of any pain or discomfort or any reason why you cannot exercise
- Stop and ask your instructor if you are unsure of an exercise or feel you do not understand something
- Stop if you feel unwell and inform your instructor
- Stop if you feel any leakage and talk to your instructor after the session about any concerns you have
- Only hold you stretches for 10-12 seconds
- Stop and talk to your instructor before the session if you have not been told to refrain from exercise by your GP or any other health care professional
- If you are pregnant please work to a moderate intensity, you should be able to talk whilst you are exercising and not be out of puff or red in the face. It's important not to overheat when you are pregnant