

Fitness For Two

Getting and staying fit during your pregnancy is a great way for you to maintain a healthy, strong, and toned body during and after your pregnancy.

Now that you are taking on fitness for two, our Health and Wellness Center wants to ensure you are staying healthy, while continuing to stay active.

First Trimester

During the first trimester, many women feel tired and experience morning sickness, an upset stomach, or nausea. This phase is crucial in fetal development, so we recommend avoiding excessive body core temperatures. Instead, we recommend focusing on a light fitness program which evolves around low impact cardio, easy breathing techniques, and the ability to easily keep cool and hydrated.

Second & Third Trimester

As you progress through your pregnancy, many women tend to increase their energy and curb all signs of morning sickness. At this phase, we recommend continued cardio, reduce loads in your back and lunge tracks, modified abdominal exercises, and ensure you have plenty of carbohydrates before you begin each fitness program.

Your Passport to Health And Wellness

At Pennock's Health and Wellness Center, we believe that both a healthy mind and body are essential to healthy living. We strive to improve the health of local residents, patients, and corporations. Our modern facility of over 10,000 sq. feet, a 3-Lane, 25 yard lap pool, and over 48 pieces of cardiovascular and weight equipment, allow us to offer comprehensive personal training programs with everything you need to reach your pregnancy fitness goals!

To learn more, visit us online at www.pennockhealth.com or scan our QR code below with your smart phone or web enabled mobile device.



 **PENNOCK**
HEALTH & WELLNESS
915 W. Green St., Hastings, MI 49058
Phone: 269.948.3139
www.pennockhealth.com

Pregnancy Fitness Program



 **PENNOCK**
HEALTH & WELLNESS
915 W. Green St., Hastings, MI 49058
Phone: 269.948.3139
www.pennockhealth.com

Pregnancy Fitness Benefits

Extensive medical research has proven that women who exercise regularly throughout their pregnancy enjoy:

- 🍏 Improved sleep, digestion, circulation, posture, and self image.
- 🍏 Easier and shorter labors and recoveries.
- 🍏 Less medical intervention.
- 🍏 Reduced risk for cesarean section delivery.

The Goal

Pennock Hospital celebrates the uniqueness of the childbearing years. The program offers a blend of fitness opportunities and childbirth preparation by certified personnel and registered nurses. Sharing this time with other expectant mothers makes it a joyful and memorable experience. Let us help provide you with the knowledge and ability to have a positive birth experience!



Pregnancy Fitness Membership

If you are having your baby at Pennock Hospital, the Health & Wellness Center offers a very special rate to expecting mothers to join our center. The cost of the program is only \$20.00/month while you are pregnant and 3 months post partum!

Your membership Includes:

- 🍏 Free basic equipment orientation
- 🍏 Unlimited Group Fitness Classes
- 🍏 Unlimited Pool Fitness Classes
- 🍏 Lap Swim and Free Weights
- 🍏 Strength training equipment
- 🍏 Cardiovascular equipment

The Pregnancy Fitness Membership is available through your pregnancy until your due date and three additional months post-partum! If you wish to retain your additional three month post-partum membership, contact the Health & Wellness Center with a physicians consent form within three months from your child's date of birth. After your post-partum membership has ended, you are eligible to immediately continue your membership by paying the regular monthly dues and we will waive the initiation fee!

Childbirth Education

Pennock Hospital's Education Department offers Childbirth Preparation Classes. For more information, please call 948-3125.

The cost per class is \$45.00. Women who have Pennock physicians receive a \$15.00 discount.

