

Peak Performance Sports & Spine Presents

Guidelines to Exercise During Pregnancy*

with Andrea Box, DPT, BS, CSCS

April 24, 2014 at 7pm

**Presented in the fitness classroom
at the Yakima Athletic Club:**

2505 Racquet Lane



**Come ready to participate in a Physical Therapist
led exercise demonstration in a safe, fun and
interactive environment.**

ANDREA WILL DISCUSS

- ♦ Benefits of exercise.
- ♦ Recommended forms & intensity of exercise.
- ♦ Signs of when to stop exercising.
- ♦ Impact of body changes on exercise during pregnancy & the postpartum period.
- ♦ Instruction in gentle stretches, postural, core & pelvic floor strengthening exercises to help with low back/ Sacroiliac joint pain & urinary incontinence.

*Recommendations based on The American College of Obstetricians & Gynecologists (ACOG) Committee Opinion "Exercise During Pregnancy and the Postpartum Period"

There is no cost to attend this class.

**Space is limited so please call 509-453-PEAK (7325)
by April 22nd to RSVP.**

We look forward to seeing you there!

