

An ACTIVE PREGNANCY with



FERNWOOD
MOVEMENT ACADEMY

Regular exercise before, during, and after pregnancy can:

- Help prevent gestational diabetes and hypertension
- Prevent or reduce symptoms of pelvic floor dysfunction
- Reduce hip and back pain and improve mental health
- Help prevent excessive gestational weight gain
- Ease delivery and postpartum recovery
- Improve the health of you and your baby
- Increase health to improve chances of conception



During pregnancy

- Learn to navigate exercise and wellness in your changing body
- Experience a safe and supportive environment from kinesiology practitioners who strive to create a space that merges exercise and treatment to give you the tools to move well for life
- Learn strategies for postpartum recovery

After pregnancy

- Return to physical activity with knowledgeable practitioners upon receiving medical clearance - *usually six weeks for uncomplicated delivery or longer for complicated or cesarean delivery*
- Progressively build towards prenatal activities and goals

Packages:

12 prenatal sessions + 12 postnatal sessions: \$2160 + gst
(24 total 50-minute sessions, \$90 per session, recommended)

6 prenatal sessions + 6 postnatal sessions: \$1260 + gst
(12 total 50-minute sessions, \$105 per session)

Payment plans and monthly memberships also available.

Visit our site to book online, check us out on Instagram, or give us a call to book a comprehensive movement assessment!

🌐 www.fernwoodmovementacademy.com

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📷 [@fernwoodmvmtacademy_](https://www.instagram.com/fernwoodmvmtacademy_)



At Fernwood
Movement
Academy, we
provide active
rehabilitation with
the goal of regaining
confidence and
function.

While we do not require a referral for booking, we may require physician clearance before you start.

Many extended benefit plans cover kinesiology, although we do not offer direct billing at this time. Please check with your insurance policy to determine if a referral is required for coverage.