



# FOCUS PILATES STUDIO

## **WHY PILATES?**

### **FOR POST NATAL MUMS**

Being a new mum can be an incredibly busy but rewarding experience. For most mums, the thought of being able to enjoy exercise in a relaxed and happy environment with the availability of quality on-site childcare sounds fantastic, but a little hard to find.

Focus Pilates provides you with all of these things, allowing you to continue the healthy and fit lifestyle that you may have enjoyed before your bub, or to start anew. Each workout is developed for the individual, tailored to meet your own needs and goals.

Pilates is a workout that is suitable for mums-to-be as well as mums with children. Pilates has many health benefits for pregnant and post natal women, including amongst others:

- Strengthening of the pelvic floor muscles – important as 1 in 3 mothers have control issues due to weakened muscles as a result of childbearing
- Strengthening of the abdominal muscles – this in turn helps with lower back issues, again often found in mothers
- Strengthening of shoulders and upper extremities – important for carrying around young ones and breast feeding
- An increase in self confidence and well being

A happy healthy mum contributes to a happy healthy baby.

Focus Pilates not only provides high quality instruction for your workout, but also a safe and loving environment for you baby. Our child minding runs 3 mornings a week, where your child can enjoy time in quality care while you spend time with other like-minded mums.

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