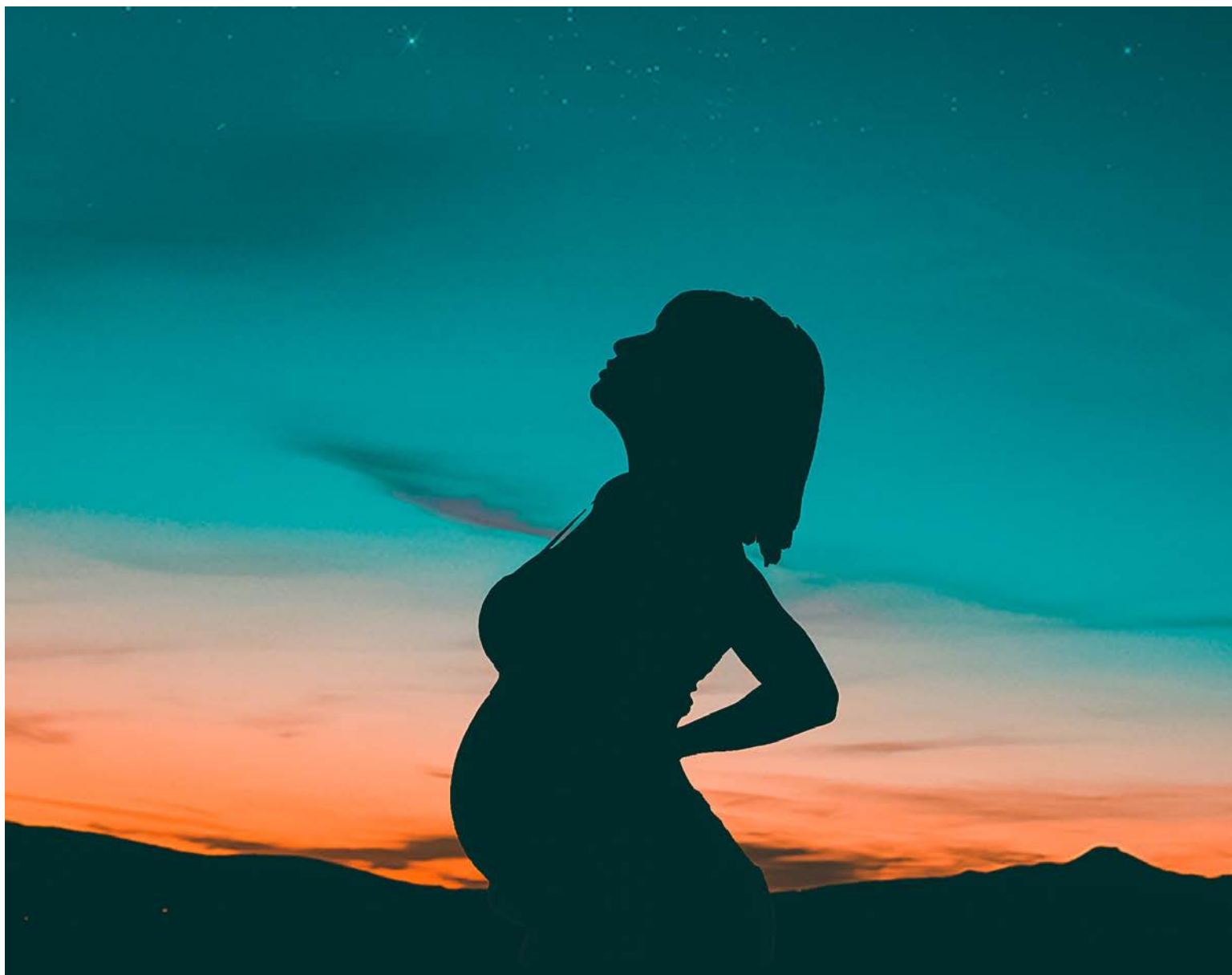


Introducing MommyCare

Prenatal and Postnatal Fitness Program



Maternity wellness programs to benefit you at any stage of pregnancy and postpartum.

Classes are designed for any fitness level and follow American College of Obstetrics and Gynecology (ACOG) guidelines. Both in-person and virtual options are available. Details on reverse, or email Stacy.Bittner@baycare.org

Begin your maternity and motherhood wellness journey today!

Cheek-Powell Fitness Center

Morton Plant Hospital
455 Pinellas St.
Clearwater, FL 33756
(727) 462-7685
Massage License #MM7067

BayCare Fitness Center

BayCare HealthHub™
2470 Bloomingdale Ave.
Valrico
(813) 586-8600
Massage License #MM40927



Empower yourself with a fitness and wellness program specifically designed and executed for expectant and new moms like you.

Pre/Post Natal Fitness Schedule

Wednesdays 5:00pm with LaMor (Bloomingdale)
Wednesdays 5:30pm with Shailja (Clearwater)
Saturdays 8:00am (Virtual)

Pre/Post Natal Nutrition Class Schedule

with our Registered Dietitian Nutritionist
Second Thursday (begins Jan. 14) 9:00am (virtual)
Fourth Thursday (begins Jan. 28) 6:00pm (virtual)

Nurture a happier, healthier pregnancy and motherhood from a supported, holistic perspective.

Pre/Post Natal '7

8

Learn to assess your changing body and select appropriate, effective exercises to help you start, or safely continue, to exercise.

Meet your specialists



Shailja Reuter is an occupational therapist and a certified group fitness instructor for BayCare. She specializes as a certified Pre and Post-Natal Corrective Exercise Specialist and a certified pre and post-natal yoga instructor. Shailja loves the outdoors, anything to stay active, and dancing is her form of meditation.



LaMor Silas is a Certified Yoga Therapist (C-IAYT), ACE certified Personal Trainer, Group Exercise Instructor and Faculty Member of the YogaFit Worldwide Yoga Therapy Program of which Prenatal/Postpartum Yoga and Fitness and Pelvic Floor Health is a core curriculum. LaMor enjoys the out of doors and feels blessed to live in Florida where being outdoors is available year round.

Benefits of a maternity wellness program:

Learn how to correctly lessen or prevent common prepartum and postpartum-related discomforts as hormones fluctuate during pregnancy and during the postpartum recovery period.

Reduce the risk of muscle aches, SI joint pain, round ligament pain, pelvic and back pain.

Reduce fatigue, burnout and lack of energy

Learn techniques to lessen or prevent diastasis recti (separation of abdominal walls), incontinence, swelling and weight gain.

Reduce chances of needing additional pain relief medications and other interventions, and shorten labor.

Gain the sense of self-confidence needed to look and feel your best, relax and reconnect with your changing body, feel more prepared for the upcoming birth experience and then continue to function while caring for a new baby.

Classes may include elements of dance and yoga, core training, gentle stretching, endurance building through interval training, breathing techniques, guided imagery and more.



Pregnancy Massage is available at both locations, using special cushions and bolsters to assure the safety and comfort of mother and baby. Call the center nearest you to make your appointment!

Email Stacy.Bittner@baycare.org to begin your maternity and motherhood wellness journey today!

Physician Consent Form

Prepartum & Postpartum Program

Doctor or Midwife: _____

Patient/Client: _____ Phone: _____

Your patient has decided to start, or continue, her exercise program throughout her pregnancy at a BayCare Fitness Center. Programming meets all American College of Obstetricians and Gynecologists guidelines.

Our Prepartum and postpartum programs may include any or all of the following:

- Breathing, Core with Pelvic Floor
- Balance Exercises
- Corrective Exercise
- Yoga
- Aerobic Exercise
- Flexibility
- Posture

Physician's Comments/Suggestions/Restrictions:

Physician Signature _____ Date _____

Physician Office Phone Number _____

PHYSICIAN STAFF: Please retain a copy for patient's medical record.

PATIENT: Signed original should be brought to Fitness Center on first visit.

BayCare Fitness Center
Palm Lake Shopping Center
32672 U.S. Highway 19 N.
Palm Harbor
(727) 772-2254
Massage License #MM15153

BayCare Fitness Center
BayCare Outpatient Center
900 Carillon Parkway
St. Petersburg
(727) 502-4444
Massage License #MM8266

BayCare Fitness Center
BayCare HealthHub™
2470 Bloomingdale Ave.
Valrico
(813) 586-8600
Massage License #MM40927

Cheek-Powell Fitness Center
Morton Plant Hospital
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