

Mom & Me Fitness

Committed to excellence since 1979

Kitsap Physical Therapy and Sports Clinics offers a group fitness class focused on postnatal fitness with your baby! Instructed and organized by a physical therapist and new mom of two, this class is aimed to be a positive environment for moms to return to exercise safely and effectively. We aim to help you meet your physical goals while still meeting the needs of your child.

- Frustrated with the inability to find time for yourself?
- Tired of your baby bump?
- Need to get out of the house?
- Looking for a community of moms?

This is your place! Come join us for a workout that will target your current level of activity and help you achieve your fitness goals.

**Moms with children in strollers
Tuesday & Thursday 9:15 – 10:15 am**

Saturdays with special instructors

\$10 per session or
10 sessions for \$90, first class is free

Contact ellenbass@kitsappt.com or call (360) 613-1834 for more details and information about attending your first class. Children will stay in strollers so please plan accordingly.

kitsap physical therapy
AND SPORTS CLINICS

Getting you back to work, sports, life.....at any age

Benefits of Postnatal Exercise

POSTURE

- Improved lumbopelvic stability
- Strengthening muscles that have weakened due to postural demands
- Correct muscular imbalance
- Awareness of posture while feeding/lifting/carrying
- Awareness of back, abdominal and pelvic care

FUNCTIONAL CAPACITY

- Increased strength and endurance for activities of daily living
- Improved aerobic fitness
- Increased ability to deal with the everyday demands of a new baby
- Reduced fatigue — increased energy

GENERAL HEALTH

- Boosted immune system
- Improved sleep quality
- Improved circulation and healing
- Improved digestion

BODY COMPOSITION

- Increased muscle mass
- Increased metabolic rate
- Increased caloric burning
- Increased fat loss

www.KitsapPT.com

*Bainbridge Island • Bremerton • Kingston
Port Orchard • Poulsbo-NKMC
Poulsbo-Village • Silverdale*