

CONTINUATION PREGNANCY FITNESS PROGRAM

- Regular antenatal exercises with physiotherapist for at least 2 months during pregnancy
- Can start anytime after completing 12 weeks of pregnancy
- Twice/thrice a week (Sunday option available)
- Includes pregnancy yoga, Pilates, ball exercises, Lamaze breathing, relaxation
- Individual diet consultation and meal plan

POST NATAL FITNESS PROGRAM (FIT AFTER BIRTH)

- Regular post natal exercises with physiotherapist for at least 2 months
- Can start anytime after 6 weeks of delivery
- Twice/thrice a week (Sunday option available)
- Includes exercises for toning, strengthening and weight loss
- Individual diet consultation and meal plan



LACTATION COUNSELLING AND CONSULTS FOR BREASTFEEDING ISSUES

- Before pregnancy, to help you and your baby get off to a good start
- After delivery, for breastfeeding problems such as latching, low milk supply, etc.
- Special cases such as caesarean, premature baby, twins, medical problems, etc.
- Working mothers, adoption, surrogacy etc.

MOTHER-TO-MOTHER SUPPORT GROUP - LA LECHE LEAGUE INTERNATIONAL

- Free meetings for pregnant women, and mothers with babies
- Discussions on various aspects of breastfeeding, starting solids, weaning, infant nutrition, and parenting
- Under guidance of accredited leader
- Once a month only
- Members can borrow books from an amazing international library

CONTACT:

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Fit For Birth

*programs for pregnancy, birth,
breastfeeding and parenting support*



CONGRATULATIONS ON YOUR PREGNANCY!

You have embarked on a wonderful journey... Many others have traversed this path before you. And yet, every step is unknown, filled with mystery and possibility, joy and ecstasy, and sometimes even anxiety & fear!

Childbirth is a unique experience, different for every woman. Today's woman wishes to actively participate in the entire birth process, keep fit, and enjoy every moment of her pregnancy.

We, at Fit For Birth, have devised a unique program for expecting couples that fulfills all these expectations.

Allow us to be a part of your amazing journey. We will try our best to make it smooth and enjoyable for you.

With us, you will explore all the aspects of pre and post-natal care; participate in stimulating discussions and rejuvenating exercise sessions.

Along the way, we will help you increase your confidence in your own body's ability to give birth.



OUR PROGRAM WILL HELP YOU TO:

- 🌀 Allay all fears and myths due to lack of knowledge
- 🌀 Enhance your fitness levels and sense of well-being
- 🌀 Enjoy a healthy and more comfortable pregnancy
- 🌀 Meet the challenges of birth confidently and purposefully
- 🌀 Prepare for the task of motherhood

COURSE CONTENT

8 Interactive weekly sessions (2 hrs each) covering the following topics:

- 🌀 Understanding fetal development
- 🌀 Bonding with the unborn
- 🌀 Relieving common pregnancy discomforts
- 🌀 The changing body and correct posture
- 🌀 Balanced diet and nutritional guidance
- 🌀 How labor might begin
- 🌀 Various skills for coping with the stress and pain of labor
- 🌀 Safe and effective exercises, yoga
- 🌀 Lamaze breathing techniques, Relaxation
- 🌀 Role of the father as a support person
- 🌀 Understanding medical terminology and interventions
- 🌀 Basics of caesarean section
- 🌀 Care of the newborn baby
- 🌀 Breastfeeding



Fit For Birth Fit For Birth