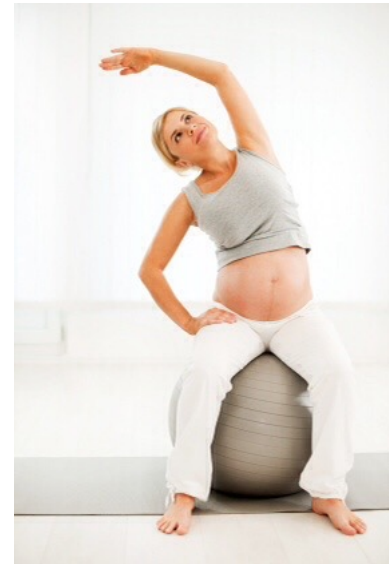


Pre Natal Health Checklist

Pilates is a fantastic way to exercise during pregnancy, helping you to maintain good posture, alleviate some aches and pains and getting you back into shape after the birth.

We want to make sure you are exercising in a safe and effective way for both you and your baby. It is particularly important that you are fit and healthy before joining our class.



If you answer yes to any of the following questions please tell your instructor so that they can advise you and ensure that the class is right for you.

Do you have any type of heart or lung condition?

Do you have diabetes that developed before or during your pregnancy?

Do you have high blood pressure?

Do you have a history of premature labour?

Is your placenta implanted completely over or near your cervix (placenta previa)?

Do you suffer from physical impairments or diseases of the bones or muscles?

Have you had 3 or more miscarriages?

Have you experienced cramping, spotting or bleeding during your pregnancy?

Are you carrying more than one baby?

Is there anything you think we need to know?

If you would like to discuss any concerns relating to joining our Pilates class please let me know.