



ENERGISED

PERSONAL - TRAINING

LADIES

Pregnancy & Postnatal trainer

Weekly Habit FOUNDATION

CONGRATULATIONS!

Hi there!

In the coming weeks I will be giving you an optional weekly habit to implement to help Energise your life.

In the meantime I want you to get into the habit of being a new Mum ☺

There is a lot to learn, no matter which baby number this is for you.

Take time to find your feet, develop your routines as a new Mum, rest when you can and allow this all to take time.

If you have the chance implement some of the exercises I have given you for the first six weeks postpartum, these are safe, they are nothing more strenuous than your daily activities; they may even make your daily activities easier.

Please check in with the new weekly habits if you so desire once you are ready to start your ten week program, it is generally safe to start from week one exercise regimen sometime from the four week postnatal mark provided you have clearance from your healthcare professional and feel ready yourself.