



Welcome to Sydney Aquanatal !

If you are pregnant or have just had a baby and are wondering how to keep fit and exercise safely, read on.

I'm an experienced midwife and a fitness professional. I've set-up Sydney **Aquanatal**, because I know that keeping fit and active during and after pregnancy is important. Scientific research has also shown that **Aquanatal** exercise has benefits over land-based exercise during pregnancy.



Aquanatal is a fun, safe, water-based form of exercise specifically designed for pregnancy and postnatal recovery. **Aquanatal** can be commenced from 14



weeks of pregnancy and from 6 weeks after the birth of your baby.

At the moment, Sydney **Aquanatal** classes are available in the Sutherland Shire and St. George area.

If you would like to know more about the **Aquanatal** program, updated Class timetables and venue information, please check the Sydney **Aquanatal** website at www.aquanatal.com.au or contact me directly by phone or email.

I look forward to hearing from you!

Aquanatal pregnancy exercise classes - How to join in...

Joining an Aquanatal pregnancy exercise class is easy.

The first thing to do is to **get medical clearance** from your doctor, midwife or obstetrician. This is to confirm that it is safe for you and your baby to exercise during your pregnancy. A copy of the relevant form is attached to this brochure.

As soon as your health professional has given you the all clear, all you need to do is to phone or email me to **book in for a class** at one of our venues.

You will also need to **complete and sign our joining form** and bring it to your first class. A joining form is also included with this brochure for your convenience.

If you like, you can also download copies of all forms from our website at www.aquanatal.com.au. If you cannot download additional forms from the website, please contact me and I will email or post them to you.

Sydney Aquanatal Classes

Sydney **Aquanatal** classes are currently available at the following venues:

For up-to date class times and new venues, please check the Sydney **Aquanatal** website.

Sutherland Shire, NSW

Sylvanvale Hydrotherapy Pool

2 Mikarie Place, Kirrawee, NSW 2232

There is some parking on site and plenty of street parking in Mikarie Place and Garnet Road.



St. George, NSW

Hurstville Learn to Swim Centre

43, Smiths Avenue, Hurstville, NSW 2220

Street parking is available in Smiths Avenue.



For directions or a map of our **Aquanatal** venues, simply type 'Sydney Aquanatal' into Google or Google Maps.

As numbers in each class are limited, you will need to book your class in advance.

**To book in, just give me a call on 0431 666 789 or
send me an email to aquanatal@aapt.net.au**

What to bring: Your completed registration and medical clearance forms, swimwear and towels (of course), a plastic bottle of water to have by the side of the pool and a snack for afterwards. You can wear a sports bra under your cossie for extra support if you prefer. Please wear non-slip shoes.

**Check the www.aquanatal.com.au website regularly for updates
on class times and new venues.**

Benefits of Aquanatal Exercise

There is no doubt about the many benefits of exercising before and during pregnancy. Australian, UK, Canadian and American authorities all recommend this in their Exercise Guidelines. Exercise during pregnancy can help you prepare physically and psychologically for the demands of labour and childbirth. It can also help you recover and get back into shape after the birth. Whilst exercise during pregnancy can help maintain good general health and appropriate weight-gain, you should not exercise with the aim to lose weight during pregnancy unless this has been explicitly approved by your doctor.



Aquanatal exercise is the best way to keep fit and active during and after pregnancy.

This is because:

- **Aquanatal** exercise is performed in water. This makes it much easier to move and relax your body than on land. The buoyancy of the water produces a wonderful feeling of weightlessness.
- **Aquanatal** exercise can reduce and prevent lower back pain in pregnancy more effectively than land-based exercise.
- **Aquanatal** classes promote positive body awareness and help reduce the symptoms of antenatal and postnatal depression.
- **Aquanatal** exercises tone your deep abdominal core, including your pelvic floor muscles. Keeping these muscles toned will reduce your chance of persistent incontinence after giving birth.
- **Aquanatal** classes are conducted by an experienced midwife and trained aquafit instructor with experience in **Aquanatal** exercise programs.
- **Aquanatal** is also a social event and a great way to meet other expectant and new mums.

Exercise during pregnancy is suitable and beneficial for most healthy women with an uncomplicated pregnancy, but there are some situations when it is not advisable. This is why you must have your obstetrician, midwife or doctor's approval before you can join an **Aquanatal** class.

Guidelines for Exercise during Pregnancy

A number of professional bodies have published national guidelines for exercise during pregnancy. Some are in the form of a literature review, listing the risks and benefits, others offer quite specific guidance and support to exercise professionals and to the public. At the moment, the most up-to date official guidelines are those of the Royal College of Obstetricians and Gynaecologists in the UK (2006) and an update is promised for 2009. You can access the different exercise guidelines directly from our website at www.aquanatal.com.au .

The website also features a section dealing specifically with exercise for postnatal recovery as this is an area that is unfortunately not well covered by the national guidelines on exercise in pregnancy.

About Sydney Aquanatal...

I have been a midwife for over 12 years and I am also a qualified Child and Family Health Nurse. My passion for **Aquanatal** exercise, and for pregnancy exercise generally, goes back a long way.

During my midwifery degree, I trained as an **Aquanatal** instructor and conducted a research study into the experiences of women participating in **Aquanatal** exercise. I then worked for 4 years as an **Aquanatal** midwife in London. I have also completed a Certificate III in Fitness and Aquafit Instructor training in Sydney.



I believe **Aquanatal** to be the safest and most appropriate form of exercise in pregnancy. It is also a great way to pick-up exercising again and to get back into shape after the birth. That's why I have started Sydney **Aquanatal**.

Two of my three children were born in the UK and I participated in **Aquanatal** programs throughout the two pregnancies, right up until the week of their birth. When I was pregnant with my third child in Sydney, I was disappointed that **Aquanatal** was not available here. Instead, I swam laps and did my own **Aquanatal** exercises at a local pool to keep fit and active. Whilst this was great, it didn't compare to the fun and companionship I enjoyed at my local **Aquanatal** class in the UK.

For me, exercise in pregnancy is about keeping active and preparing your body for the demands of pregnancy, childbirth and motherhood. That's what my **Aquanatal** classes can help you to do.

I hope this brief introduction to Sydney **Aquanatal** has answered your questions. If you would like to know more, please give me a call on 0431 666 789 or send me an email to aquanatal@aapt.net.au.

I look forward to welcoming you to a Sydney **Aquanatal** class soon.

Donna