

# AQUA NATAL

Pre and Post Natal  
Aquarobics

PREGNANT?

*Want to improve your strength, endurance  
and energy levels?*

*Want an hour to yourself to focus on your  
baby and body?*

*Want to spend time with other expectant  
Mum's?*

**YES? Then Aqua Natal  
is just what you need!**

**Every Tuesday evening,  
7.45 - 8.45 pm**

**4731 2166**

[aquanatal@fitnessworld.com.au](mailto:aquanatal@fitnessworld.com.au)

**Nepean Aquatic Centre  
16-19 Lambridge Place, Penrith**

*See overleaf for just some of the benefits of  
enjoying Aqua Natal during your pregnancy.*

**NEPEAN  
Aquatic  
CENTRE**

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*"To me childbirth is like a marathon. You can't succeed  
in the race unless you prepare your body physically for  
the event. As a Mum myself I believe being active  
throughout my pregnancy helped me through my  
labour making it an experience I would do over again in  
a heartbeat."*

*Kelly (Aqua Instructor)*

## Benefits of Aqua Natal

### • **During Pregnancy:**

- Studies have proven that women who do Aquarobics throughout their pregnancy need less pain killing medication during childbirth.
- You will feel very light in the water. It will ease the weight of the baby on your body, and ease back aches and pains.
- Less strain on your bones and joints compared to land based exercises.
- It helps keep your stomach muscles strong.
- It helps prevent spider veins.
- Aquarobics also helps you relax, relieve anxiety, remain calm during pregnancy and get a good night's sleep.
- Women who did Aquarobics were found to have had an easier delivery, and recovered much faster after delivery.

### • **Post Natal:**

- Helps you to regain your pre-baby figure and lose weight.
- Helps relieve aches and pains and gives you more energy.
- Improves physical strength and stamina to help you look after your newborn baby.
- Postnatal fitness can help ease a host of discomforts simply by improving your circulation.
- Exercise can improve your mood and help combat postnatal depression.
- By exercising you will be giving your child an excellent example of how to stay healthy.

**Come along and watch a session. See how much you will enjoy it.**

PLEASE NOTE: You must seek clearance from your doctor before attempting any form of exercise during your pregnancy and before returning to exercise after the birth of your child.

