

## Physio4All

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**From:** Physio4All [info=physio4all.com.au@mail148.wdc02.mcdlv.net] on behalf of Physio4All [info@physio4all.com.au]  
**Sent:** Monday, 4 March 2013 12:47 PM  
**To:** Steve  
**Subject:** PHYSIO4ALL E-News: The 12 Top Tips for Exercise Post Pregnancy

Learn about the 12 Top Tips for Exercise Post Pregnancy!! PLUS Special Offer - 10% OFF Preglates 'On the Mat' or 'On the Ball' DVD!!!

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## PHYSIO4ALL E-News

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### The 12 Top Tips for Exercise Post Pregnancy

- [Top Tips](#)
  - [YouTube Video](#)
  - [Special Offer!](#)
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1. Start pelvic floor exercises as soon as you feel comfortable – good idea to get one of our physios to instruct you on these exercises
2. Start gentle core exercises to strengthen your tummy – good idea to get one of our physios to instruct you on these exercises
3. Start gentle exercise as soon as you are able
4. This may include brisk walking, swimming, aqua-aerobics, yoga, pilates, low impact aerobic workouts and light weight training
5. Avoid any high-impact exercises or sports that require rapid direction changes for 3 months due to loose ligaments and joints.
6. Aim for slow, gradual weight loss of around 1/2 a kilogram per week.
7. Wear a supportive bra
8. Initially, exercise for only five to 10 minutes at a time.
9. Increase the length of your workouts gradually to between 30 and 45 minutes.
10. Drink plenty of water before, during and after exercise.
11. Don't push yourself too hard – if you feel breathless, slow down.
12. Be aware of your posture when you lift, bend and breastfeed



At PHYSIO4ALL, we offer a comprehensive assessment and a tailored Clinical Pilates program to guide you back to full recovery.

Give us a call on **9922 2212** and book in with one of physiotherapists today to get started!

Alternatively, if you are finding it a struggle to leave the house, we encourage you to carry out a progressive home exercise designed by physiotherapists outlined in the Preglates 'On the Ball' and 'On the Mat' DVD.





Check out our latest YouTube video on one of the many Pilates exercises we do in our Clinical Pilates Studio:

[Physiotherapy North Sydney: Pilates Exercise for Core Stability No.1](#)

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### PHYSIO4ALL ANNOUNCEMENTS

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#### SPECIAL OFFERS!!

Download the following voucher, and receive 10% OFF a Preglats 'On the Mat' or 'On the Ball' DVD!! Floor stock only.



#### Join the PHYSIO4ALL Facebook Family!

For 10% off your next physiotherapy session,

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by clicking on the following link:

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OR

You can use a QR code reader on your Smartphone:



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Physio4All  
Shop P16, NorthPoint Plaza  
100 Miller Street  
North Sydney, NSW 2060  
Australia

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