

How to Start

- Contact Simone at Birth & Bub Fit Physiotherapy
- Complete an indemnity form
- Book a start date
- Come and have a safe & appropriate workout, as well as some fun

About Simone

- Bachelor Physiotherapy (Honours), PhD, APAM
- Special interest in women's health during childbearing year & therapeutic exercise
- Has 4 young children, including a set of twins

When & Where

THURSDAYS
10.00—11.00am



70 Elgin Street
Wodonga VIC

PRIVATE INDIVIDUAL
SESSIONS AND MUM'S GROUP
SESSIONS AVAILABLE

Contact Simone for more details
or to make an appointment.

MUM & BUB FIT CLASSES



**6 weeks to approx.
6—8 months**

With
Physiotherapist
Simone O'Connor

Phone: 0410 616 813

birthandbubfitphysio@outlook.com

Birth & Bub Fit Physiotherapy



www.facebook.com/BirthFitWodonga

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Class Aims

- Provide individual guidance in appropriate & graded early postnatal exercise
- Teach appropriate & safe pelvic floor and abdominal exercises
- Promote positive physical experiences with your baby
- Share the journey with other mothers
- Assist post-pregnancy weight loss
- Increase confidence in ability to handle the demands of motherhood
- Enhance energy & mood
- Promote strength & muscle tone
- Promote safe return to usual physical activities

Class Structure

At Mum & Bub Fit we know that young babies often have a variable routine. Classes are structured to modify your exercises around your baby's needs:

- Feeding hungry babies
- Settling tired babies
- Sleeping angels
- Babies ready to play



Costs

\$15/class (\$12 HCC)

5 class pass = \$65 (\$55)

10 class pass = \$130 (\$110)

What to Bring

For you:

- Comfortable exercise clothing & runners
- Towel
- Water bottle

For baby:

- Floor rug/extra towel
- Pram/capsule/baby sling
- Nappy bag/baby essentials

When can I come?

- AFTER six week postnatal Doctors check
- UNTIL you are ready to resume usual exercise (approx. 6-8 mths)