

WEEK 2

YOUR POSTNATAL BODY

WITH QUALIFIED TRAINER

DAVINA



FIT FOR ALL MUMS

Following on from the first session where we discovered more about each other's birth experience, week 2 is relevant whatever type of birth you had - be that a physiological or assisted/ or abdominal birth.

Hosted by Davina Donoghue, a certified National Academy of Sports Medicine (NASM) personal trainer since 2005, specialises in pre & postnatal fitness and is an advanced pregnancy & postnatal wellness practitioner.

Personally as a mum of two (one of each) Davina's knowledge & years of experience both professionally & as a parent means she is able to clearly explain the changes in our pregnant & postnatal bodies, sharing information & giving advice if needed which you rarely get to hear these days.

This easy to understand breakdown of how your postnatal body has evolved, what it (& you) have been through for the past 9 months plus - as you have grown your baby & how you can make slow/ informed choices & changes to recover.

Ensuring your body & mind become stronger & fitter over time in all the right ways for you.

CONTACT DAVINA



FitForAllMums.com



[Davina_fitness](https://www.instagram.com/Davina_fitness)



[Davina Donoghue Training](https://www.facebook.com/DavinaDonoghueTraining)

BENEFITS OF THIS SESSION:

- Understanding the physiology of your changing body & needs
- Scar massage for abdominal/
- C-Section surgery
- Pelvic floor explained & discussed
- Core restore & what this means
- How to check your tummy gap & tension
- Functional movement & exercises
- Returning to exercise safely
- Postnatal running guidelines
- Your questions answered
- How you're doing now as a mum as you adapt in your 'new normal'