

PRENATAL WATER EXERCISE

Low Impact ❖ Light Exercises ❖ No swimming skills needed

Saturdays
11:45am – 12:30pm

6 – Week Session
October 15 – November 19

LifeWorks Members: \$27

Nonmembers: \$72

To register call 440.816.4207

For more information, please contact
Becky Bercier at 440.816.4207 or
rbercier@swgeneral.com

Prenatal water exercise is a fun and safe way to keep exercising or to begin exercising during your pregnancy!

Benefits of exercising while pregnant

- Improve your stamina and heart health
- Reduce the risk of pregnancy complications
- Boost your mood
- Lower blood pressure
- Ease back and pelvic pain
- Fight fatigue
- Improve sleep
- Relieve constipation
- Lower the odds of delivery complications
- Speed post-delivery recovery



7390 Old Oak Boulevard
Middleburg Heights

This six-week program is for women who have completed their first trimester of pregnancy.

All participants are encouraged to exercise at their own pace and fitness level.

Physician clearance below is required to participate.

This medical clearance indicates that my patient can benefit from this exercise program and has medical approval to participate in Prenatal Water Exercise at LifeWorks of Southwest General.

Participant Name: _____ Due Date: _____

Physician/Healthcare Provider Signature: _____

Physician/Healthcare Provider Name: _____

Physician/Healthcare Provider Phone: _____