

The Pre and Postnatal Athlete

From elite athlete's to weekend warriors the vigorous fitness enthusiast is hungry to maintain performance during their 9 months and into motherhood. Understanding biomechanical and physiological changes, neo-natal responses to exercise, pelvic floor and core health ,sport specific considerations and the mental mindset of an expecting or new mom athlete the personal trainer/group fitness instructor can effectively support this unique population in a safe and strategic manner.

BIOAndrea Page ~ FitMom

She's been deemed an International expert on Prenatal and Postnatal fitness, sought after by the media for expert knowledge, written hundreds of articles and developed alongside other experts, curriculum that is the "FITMOM" Coach Certification.

Andrea has shared her insights in the great works of others like Mom Inc, Death By Rubber Ducky, Toxic Baby Documentary, The Mom Show, Entertainment Tonight, Chatelaine, Active Woman Magazine, CTV's Success Stories with Sandy Rinaldo.

Wish these had been around when I was having my kids. [Fitness programs](#) to keep you in tip top shape while pregnant, help you get through labor and get you back into pre-bump shape after delivery. The [Fitmom](#) series of three DVDs from Andrea Page covers it all-strength and endurance while pregnant, yoga poses to ease the labor and delivery process and toning and sculpting to get back to pre pregnancy shape.

While expecting, the [Fitmom Prenatal Fitness DVD](#) is a workout for the most beginner to the most athletic. But it's not a one size fits all prenatal program. This Ob/Gyn endorsed fitness program provides full modifications. Bonus material includes exercise directory and tutorial, ball work and postpartum recovery. Overall strength, endurance and core strength round out the key objectives of this program.

I definitely could have used some help in the delivery room. The [Fitmom Yoga DVD](#) is a targeted yoga routine that will assist you in labor. This 30 minute yoga routine is geared towards all fitness levels and includes bonus material including: overview of postures, and bed rest exercises (another one I could have used). This program will help you ease back pain, recover more quickly after birth, avoid excess weight gain and understand each posture's benefit and purpose while in labor.

Finally, the [Fitmom Postnatal](#) workout is divided into sections including a warm up, main exercise routine, warm down and even a baby activity where each exercise incorporates your baby in some way. Combining weights and different moves in a lively circuit, you'll get the benefit of toning and sculpting your body back to your pre pregnancy shape or even better!!

Creator [Andrea Page](#) is a certified personal trainer, sport strength specialist, childbirth trained educator and co-author of Newfitmom 101, Fit to Birth and the Dads Guide to Labor and Delivery. She's also recognized as one of Canada's Top Ten Mompreneurs.

Andrea Page, started the FITMOM company in 2000 and now offers programs in different cities in North America and a DVD series.

FITMOM and Andrea Page have directly with the Society of Obstetricians of Canada as the exercise contributor to the consumer and health care provider guide "Healthy Beginnings" and launching a healthy pregnancy initiative for the country.

You will have seen FITMOM on Entertainment Tonight, Chatelaine, Pregnancy Magazine, The Mom Show, Yummy Mummy, Jack Lalannes juicer commericals and more.