

Fit for Two



Strong moms, healthy babies

Research shows that exercising during pregnancy is effective in addressing particular body needs of the mom-to-be. Fit for Two helps prepare you for one of the biggest physical challenges in a woman's life. Instructed by a registered nurse and a staff trained in prenatal fitness and exercise instruction, our program offers a variety of exercise options specially geared to help you prepare for childbirth. Just as important, this program provides fun, social interaction and support for participants. Sponsored in part by the ETMC Family Birthplace, Fit for Two is open to all mothers-to-be who are at least six-weeks pregnant.

Where?

Classes take place in the ETMC Olympic Center located in the ETMC Rehabilitation Center. Free parking is available in the covered parking garage located behind the center.

Length of program

The program is ongoing with classes open to participants on a continual basis.

Class offerings include:

- Water fitness
- Floor aerobics
- Yoga

See a fitness team member or visit www.etmc.org/prenatal for our current schedule.

Cost

The program fee is \$50 per person per month or open to current ETMC Olympic Center members.

How to enroll

- Present a completed prenatal physician release form to a fitness team member at the rehabilitation front desk.
- Complete the program registration form and pay your first month's dues if you are not an ETMC Olympic Center member.
- Contact Gay Corbell, RN, at 903-596-3234 to schedule your initial assessment.*

*Program participants must complete an initial consultation with our program coordinator consisting of a brief consultation and resting heart rate and blood pressure assessment.



Call 903-596-3234
for more information.