

# PREGNANCY FITNESS!



## BENEFITS OF EXERCISE DURING PREGNANCY

- \* LIMITED WEIGHT GAIN
- \* MORE ENERGY
- \* QUICKER RECOVERY
- \* IMPROVES STRESS CONTROL
- \* REDUCE LOWER BACK PAIN
- \* EASIER, SHORTER LABOR
- \* IMPROVES SLEEP PATTERNS
- \* AND MANY MORE!



**SCHEDULE A CONSULTATION WITH COOPER CLINIC CERTIFIED,  
PRE/POSTNATAL FITNESS SPECIALIST MIKE RADNOV  
MANY PROGRAMS COVERED BY INSURANCE**



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