

Perinatal care, Mental health support through exercise

Parent & Baby Exercise Classes



Emma Shaw 27/03/24

My story which shaped my path to working in the fitness industry

Types of clients

**Suffer with
body
dysmorphia**

Menopause

**Parent &
baby
exercise
classes**

**Eating
disorder
recovery**

**Post Natal
support**

Why we run our grant funded parent & baby exercise classes?



PARENT TESTIMONIES

CPPC | Certified Pre- & Postnatal Co

"Emma makes the class a welcoming environment, I find it progressive, challenging but above all rewarding. I look forward to it every week"

Amy

"The classes have kick started my fitness journey and wellbeing after pregnancy"

Beth

"Emma does an amazing job, I absolutely love coming along to the classes. She makes exercise fun and I personally do not find exercise fun at all!"

Carly

"Emma's classes are great at bringing together mums and positively impacting both their physical and mental wellbeing"

Abi

Emma provides a very welcoming class and it's so refreshing having a class that enables parents to take babies along. The fact it is fully funded is so helpful especially due to the cost of living"

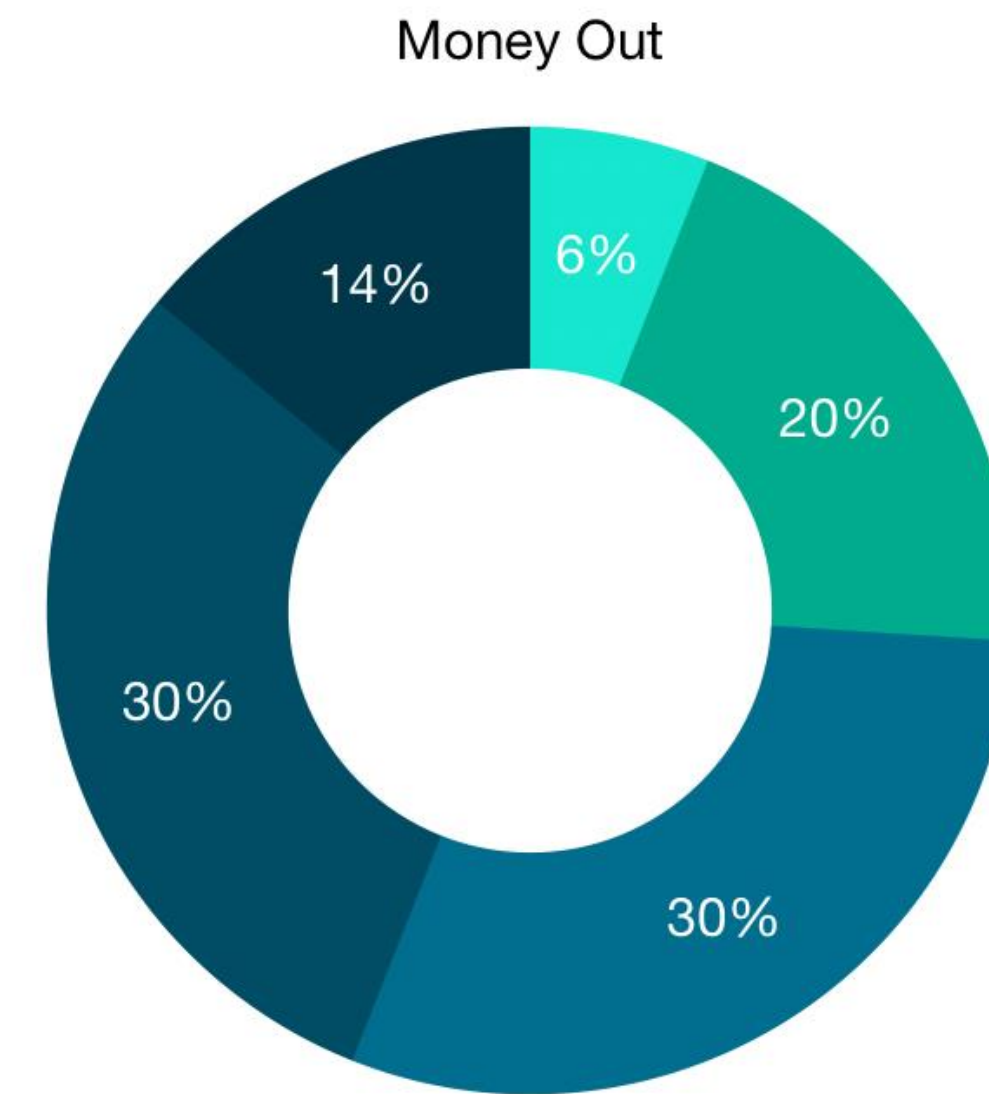
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What statistics show about exercise & perinatal care

Conditions in pregnancy

Physical/ Mental Health Conditions	
Preeclampsia	6%
Gestational diabetes	20%
High BMI	30%
Post natal depression in women	30%
Post natal depression in men	14%
Total expenses	100%



- Preeclampsia
- Gestational diabetes
- High BMI
- Post natal depression in women
- Post natal depression in men

Why we push for using exercise as a way to support with poor mental health?

- Promote men's mental health and post natal depression
- Helps release endorphins to help a better mindset
- Build a community/break the taboos around poor mental health
- Help high risk pregnancies
- Help promote positive body image and body acceptance
- Help stop people accessing care services to help with costs for the nhs

We can shape the next generation to help with positive discussions around mental health and physical activity

It's okay to not be okay, but you are not alone

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