

re:fresh
your health and wellbeing

MOVEMENT & RELAXATION FOR NEW MUMS & MUMS TO BE



**THE RE:FRESH TEAM IS
DEDICATED TO HELPING YOU
KEEP MOVING SAFELY FROM BUMP,
THROUGH BIRTH AND BEYOND**

Blackburn with Darwen
**WELLBEING
SERVICE**

Physical activity during pregnancy helps control weight gain, reduce high blood pressure and can prevent diabetes of pregnancy. You should aim to do muscle strengthening activities twice a week. After childbirth you should start pelvic floor exercises as soon as you can and continue daily. Physical activity can give you time for yourself, help reduce worries and depression, control weight gain and help return to your pre-pregnancy weight as well as improving tummy muscle tone and strength. Throughout pregnancy and after childbirth you should aim for at least 150 minutes of moderate intensity activity every week. Physical Activity can help to improve fitness, sleep and mood. If you are not already active, start gradually. If you are already active, then keep going.

There is no evidence of harm from taking part in physical activity during pregnancy or after childbirth. Listen to your body and adapt. If you have any concerns please speak to your midwife or Health Visitor for advice.

UK Chief Medical Officer's Physical Activity Guidelines, 2019

MINDFUL MOVEMENT FOR MUMS TO BE

A chance to connect with your growing baby and meet other mums to be while preparing & strengthening your muscles ready for labour and birth. Suitable at any stage of pregnancy.

MONDAY 6PM - 6.45PM

Blackburn Birth Centre, Park Lee Road, Blackburn BB2 3NY

MINDFUL MOVEMENT FOR NEW MUMS

Focus on rebuilding core strength and pelvic floor muscles whilst connecting with baby. Stay for a brew afterwards and meet other mums. Suitable from any time after baby is born until they begin to roll over.

MONDAY 1.15PM - 2.15PM starts 12th November

New Methodist Church, Darwen BB3 1QL

TUESDAY 1.30PM - 2.30PM starts 12th November

Higher Croft Children's Centre, Fishmoor Drive, Blackburn BB2 3UY

WEDNESDAY 10.15AM - 11.15AM starts 12th November

Little Harwood Community Centre, Whalley Old Rd, Blackburn BB1 5PQ

PREGNANCY PILATES

Low level session working on strengthening your tummy, back & pelvic floor muscles in preparation for labour and birth. Stay for a drink and a chat with other mums to be.

Suitable at any stage of pregnancy.

WEDNESDAY 10AM - 11AM

Blackburn Birth Centre, Park Lee Road, Blackburn BB2 3NY

AQUA NATAL

Low impact session in water. Feel more energised, improve general wellbeing and help your body to prepare for labour & birth. Suitable at all stages of pregnancy and after your 6-8 weeks check/12 weeks after a caesarean section.

WEDNESDAY 6.15PM - 7PM

Blackburn Sports & Leisure Centre, Feilden St, Blackburn BB2 1LQ

FRIDAY 12PM - 12.45PM

Darwen Leisure Centre, The Green, Darwen BB3 1PW

RESTORE YOUR CORE & PELVIC FLOOR

A modern and effective class, full of functional movement patterns to restore and strengthen you from the inside out. Bring baby –suitable until they are on the move. Suitable for new mums after 6-8 weeks check/12 weeks after a caesarean section.

THURSDAY 11AM - 12PM starts 12th November

Darwen Leisure Centre, The Green, Darwen BB3 1PW

LEGS, BUMS & BUMP

Strengthen the legs, bottom and core muscles to help your body to support your growing baby. Stay energised and strong throughout, in preparation for labour and birth.

Suitable at any stage of pregnancy.

THURSDAY 6PM - 6.45PM

Blackburn Central High School, Haslingden Road, BB2 3HJ

LEGS, BUMS & BABY

A low intensity class where you can bring baby along too. Feel stronger, have fun and meet other new mums. Suitable for new mums after 6-8 weeks check/12 weeks after a caesarean section, with babies up to 18 months.

FRIDAY 11.15AM - 12.15PM

Witton Park Arena, Witton Country Park, Preston Old Road, Blackburn BB2 2TP

Timetable correct as at October 2019

**FOR MORE INFORMATION
PLEASE CONTACT US ON 01254 682037
OR WELLBEING@BLACKBURN.GOV.UK**