

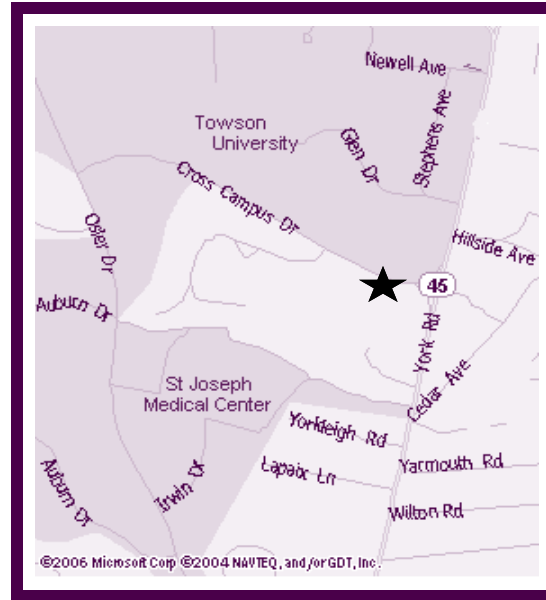


**Christine Woods** holds an M.S. Ed. in Exercise Physiology and a B.A. in Psychology.

She is certified as an ACSM Clinical Exercise Specialist®, NSCA Certified Strength and Conditioning Specialist, and SCW Pre/ Postnatal Exercise Instructor.

Christine currently works at the Towson University Wellness Center as a Clinical Exercise Physiologist and Director of the Faculty and Staff Wellness Program. She also serves as a national presenter for the Aerobic and Fitness Association of America (AFAA) and has taught hundreds of individuals proper exercise techniques and exercise modifications in a group setting. She understands the important role that exercise plays during pregnancy and appreciates the benefits of doing so in a non-competitive, socially-interactive, group setting.

Christine has been helping clients achieve their health and fitness-related goals for over 15 years and looks forward to helping you achieve yours.



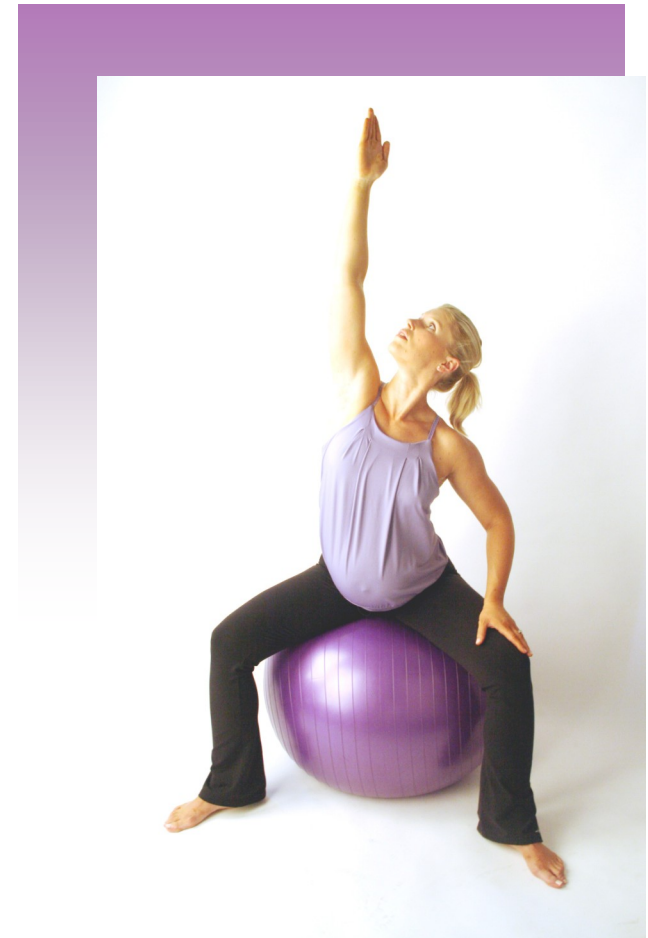
Healthy Bellies exercise sessions will be held in the Wellness Center on the Towson University Campus at 7720 York Road in the Administration Building. The parking lot and entrance are located off Cross Campus Drive.



**St. Joseph Medical Center**

7601 Osler Drive Towson, MD 21204-7582

# Healthy Bellies



*Promoting Health Through Exercise  
for Pregnancy, Birth & Beyond*

 **TOWSON UNIVERSITY**  
WELLNESS CENTER

8000 York Road  
Towson, Maryland 21252  
(410) 704-4555

[www.towson.edu/wellness](http://www.towson.edu/wellness)

## Program Description

The Healthy Bellies program is designed to teach expectant and new mothers how to safely and effectively exercise given the body changes that accompany pregnancy and the postpartum period. In an attempt to maintain or improve overall fitness, strength, and flexibility, participants will progress through a 6-week fitness program. This program will provide the necessary duration, frequency and intensity needed to derive optimal benefits while giving careful consideration to those anatomical and physiological changes which accompany pregnancy. After completion of the program, participants should:

- Have a greater knowledge of exercise as it relates to pregnancy, childbirth and recovery.
- Have the ability to select appropriate exercises that accommodate for the changing center of gravity and ligament/joint relaxation that accompanies pregnancy.
- Understand how to identify high-risk exercises and modify them appropriately.
- Be able to monitor and adjust working intensity levels.
- Exercise safely in the postpartum period.

## What To Expect

Engaging in regular exercise during pregnancy has been shown to have positive benefits. Some of these include the control of excessive weight gain, relief of muscle aches and cramps while improving posture, the reduction of stress, increased stamina to get through the lengthy hours of labor, a sense of control over body image and a faster recovery following delivery.

Healthy Bellies class sizes will be limited to 8 participants per session.

Sessions will consist of:

- Check-in (Resting blood pressure and heart rate will be checked)
- Warm-up (5-10 min.)
- Cardio respiratory conditioning (30 min.)
- Strength Training (10 min.)
- Flexibility Training/Cool-Down (10 min.)
- Tummy Time (5-10 min.) - Sessions will conclude with a participant sharing time, in which a pregnancy related topic will be presented by the instructor and participants will be encouraged to share personal experiences and information that may prove helpful to new mothers.

The Healthy Bellies program has been developed in accordance with "Guidelines for Exercise During Pregnancy and Postpartum" published by the American College of Obstetricians and Gynecologists.

## Registration Information

### ENTRY REQUIREMENTS

Prior to participation, a Health History and Physician Release signed by your obstetrician, must be received by the Wellness Center as well as a participant signed Consent/ Waiver. Forms may be accessed online at: [www.towson.edu/wellness](http://www.towson.edu/wellness) or call (410) 704-4555 to receive a faxed copy.

### WHERE, WHEN, WHAT TIME?

Sessions will meet Tuesdays and Thursdays at The Towson University Wellness Center from 5:30 PM to 6:45 PM and run for 6 weeks.

### SESSION START DATES

Tuesday, July 6th, 2010  
Tuesday, August 24th, 2010  
Tuesday, January 11th, 2011  
Tuesday, March 1st, 2011  
Tuesday, April 19th, 2011  
Tuesday, June 7th, 2011  
Tuesday, July 26th, 2011

Register by calling (410) 704-4555 or e-mail [cwoods@towson.edu](mailto:cwoods@towson.edu)

### FEES

**Registration** ..... **\$60.00**  
Once enrollment fee has been paid, refunds will not be available for participant drop-out or missed sessions.