



Important information for Belly Bootcampers

We at Fit Family & Belly Bootcamp take the health of our clients very seriously. Please read the following information before attending a class. For more specific information, contact us at:

contact@bellybootcamp.ca

- While exercise is important to your health during pregnancy and in the postpartum period, there are certain conditions which may make exercise unsuitable or for which we might modify your program individually. Please contact Belly Bootcamp in advance to discuss any concerns you might have.
- Expecting moms should complete a "Parmed-x for pregnancy" questionnaire (available on the "Join" page of www.bellybootcamp.ca) and inform their healthcare providers of their participation in Belly Bootcamp.
- Postpartum moms should receive clearance to begin exercise from their healthcare providers at the standard 6-week postnatal check up.
- All Belly Bootcamp trainers are certified and experienced personal trainers and pre- and postnatal fitness specialists and we design programs according to current research and the guidelines of the Society of Obstetricians and Gynaecologists of Canada.
- Every woman's body is different and at Belly Bootcamp, no two women have exactly the same program. If you need something in your program changed, are experiencing any unusual discomfort or simply have a concern or question, please contact us immediately by phone, e-mail or live chat at our parent website, www.fitfamily.ca.