

Core And More

An Online Fitness
Programme for
Postnatal Moms



fernandez

Built for Birthing

Want to reclaim your strength and confidence post pregnancy?



As a new mom, it's easy to prioritise everything but yourself. But your health matters, too!

Core and More is designed to help new mothers regain their strength, improve posture, enhance flexibility, and boost energy levels—all while embracing the beautiful changes their bodies have gone through.

Core and More is specially designed for postpartum recovery, focusing on core strength and gentle cardio exercises. With our expert guidance, you'll address common post-pregnancy challenges like mummy tummy, diastasis recti, urinary incontinence, back pain, and body image issues.

Why Choose Core and More?

- Specialised exercises for core recovery and strength building
- Supportive group environment with fellow new mothers
- Professional physiotherapists guiding every step
- Flexible online sessions that fit into your busy routine
- Nutrition consultations tailored to breastfeeding moms

Your Wellness Matters!

We understand the unique nutritional and hydration needs of breastfeeding mothers. That's why our programme includes diet consultations to ensure you're fuelling your body while you work towards your fitness goals.



What's Included?

18 EXERCISE CLASSES BY OUR PHYSIOTHERAPISTS

- Pre- and post-assessments
- Strength training
- Core workouts
- Flexibility exercises
- Low-impact cardio

3 DIET CONSULTATIONS BY NUTRITIONISTS

- Meal planning
- Healthy balanced diet guidelines
- Personalised diet chart

WATCH NOW!

Hear from moms who have aced postpartum fitness with Core and More... Scan the code!



Get Started Today!

OUR PROGRAMME STRUCTURE

- 6-Week Online Programme
- 3 days a week | 1-hour sessions
- Platform: Zoom

Embrace your postnatal journey with strength and confidence.

To book your slot or if you want to learn more about Core And More:

 **Call 73 37 32 08 95**