

NH Supermommies Fitness Helps Pregnant Moms Get Buff

By Cr8 Health & Fitness

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You don't have to let fitness take a 9 month vacation. NH SuperMommies Fitness helps you work with your body during this special time of life in order help you look and feel great.

Epsom, NH – NH Super Mommies Fitness, a mom-focused fitness program designed for new and expectant moms, is proud to announce the grand opening of its Pre/Postnatal Total Body Fitness program. The Pre/Postnatal program premiers in Epsom at Get Fit NH Bootcamp.

“For too long pregnant mothers have had to totally abandon their aerobic and weight training exercise regimens because of the lack of a safe and fun prenatal fitness program. NH Super Mommies Prenatal Fitness allows them to start or continue their active lifestyles” said Nancy Carlson, NH Super Mommies Fitness program director and personal trainer. “We have created an exciting exercise program just for moms-to-be. They will receive a great cardiovascular and strength training workout. Our system will allow the average pregnant woman to experience increased energy, increased mood, better sleep, 2 hours less labor time, 25% lower expectancy of C-sections or forceps usage, speedier recover, reduced stress, and decreased propensity of postpartum depression.”

NH Super Mommies Fitness’ unique concept caters to both pregnant moms and postpartum moms with or without their babies. The Pre/Postnatal Fitness division features total body workouts, nutritional support, and parenting resources for moms. Moms that have recently given birth may even bring their infants in the class so their little ones are nearby during the workout. Workouts include circuit training, step aerobics, weight training, yoga, core training and kickboxing. Member moms receive consistent motivation from a certified trainer which helps ensure that they achieve success in a fun and friendly environment by providing diverse work out routines, constant encouragement and by incorporating special incentives.

NH Super Mommies Fitness unique services can serve as an extra push for those who may need special incentives to meet their goals or an occasional break to socialize with other women. The NH Super Mommies Fitness team also hosts grocery store tours to teach moms how to effectively read food labels and choose items that will assist in achieving and maintaining fitness goals.

NH Super Mommies Fitness membership is ongoing, enabling women to join at their convenience. “As a mother, I understand how challenging it is to find time to exercise,” said Carlson. “At NH Super Mommies, we’ve designed a flexible program that allows a mom to exercise while pregnant, after giving birth, or with her children, and giving her a chance to visit with other new or expectant moms. All this makes it easier for her to fit exercise back into her full schedule.”

The first of these special fitness workouts will take place during the NH Super Mommies Fitness grand opening at Get Fit NH Bootcamp on Tuesday, December 9th, 2008 from 3:30 p.m. to 4:15 p.m. The facility is located at 167 New Orchard Rd.in Epsom, New Hampshire. For additional information please call (603) 344-2651 or visit www.nhsupermommies.com

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Often the most challenging part of losing weight and staying fit is just getting started. Life is busy, and setting time aside to “work out” is just one more thing to add to the list. As a mom of six, I have this challenge as well. Frankly, like most people I know, I am a work in progress. I believe this is part of what

makes a good trainer – the ability to relate to clients and understand the need to integrate an exercise program into a busy lifestyle, without neglecting other responsibilities.

My passion is teaching and coaching others to think big and reach high. It takes work – hard work – but I am committed to helping you reach your fitness goals and get in the best shape of your life!

Nancy Carlson is a Certified Professional Fitness Trainer with the National Exercise and Sports Trainer Association, and a Level 1 Youth Conditioning Specialist with the International Youth Conditioning Association.

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