

## Physician Consent Form

With your physician's approval,  
The Strong Mommy program can begin at any  
time during your pregnancy.

Patient Name: \_\_\_\_\_

Address:  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

### Doctor's Approval

The above-mentioned individual has my  
approval to participate in the Strong  
Mommy Program including an exercise  
portion at the Wellness Center at Baptist  
Hospital. *Please attach any further  
information that would be helpful in the  
care of the participant including  
contraindications for exercise.*

Doctor's Signature:  
\_\_\_\_\_

Doctor's Printed Name:  
\_\_\_\_\_

Date: \_\_\_\_\_

Please fax all materials to:  
**615.284.3037**

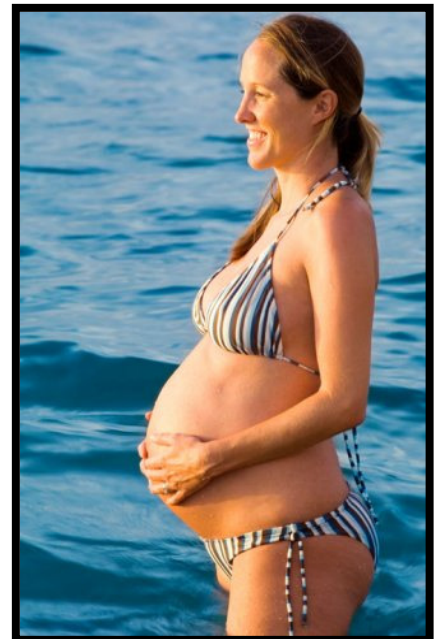
For more information, call **615-284-BFIT**  
or visit [www.BaptistHospital.com](http://www.BaptistHospital.com)



**The Wellness Center**  
Baptist Hospital

# STRONG Mommy!

Fit & Pregnant



**The Wellness Center**  
Baptist Hospital

**stay well.™**

## **STRONGMommy!**

### **Group Exercise Classes:**

- StrongMommy in the Pool
- (T/TH at 5:30pm)



### **Fitness and Wellness Workshops:**

- Monthly fitness workshops to keep you fit and healthy during and after pregnancy

### **Pre/Post Natal Massage:**

*One of the following options:*

- 1 – 60 minute table massage
- 2 – 30 minute table massages

### **Fitness Coaching:**

- 2 Sessions with a Wellness Specialist to develop an individualized program to meet your wellness needs during and after pregnancy

### **Program Cost:**

#### **STRONGMommy! Package:**

- 3 months of membership (with unlimited group exercise classes)
- Fitness and Wellness Workshops
- 1-60 minute Massage
- 2-Fitness Coaching Sessions

**ONLY \$125**

### **Post Natal:**

#### **Stroller Strides**

Free week of classes (mention StrongMommy)

[www.strollerstrides.com](http://www.strollerstrides.com)

## **Benefits of Exercise**

According to the American College of Obstetricians & Gynecologists (ACOG) and James Clapp, M.D.

### **Benefits Include:**

- A reduction in common pregnancy complaints such as hemorrhoids, constipation, leg cramps, back pain, and water retention.
- Easing delivery by strengthening the muscles needed during labor.
- Limited weight gain and returning to pre-pregnancy weight quicker.
- A reduced risk of developing gestational diabetes and pregnancy-induced hypertension (high blood pressure).
- Fewer obstetric interventions during delivery (forceps, vacuum extraction).
- Decreased incidence of loss of bladder control during pregnancy and postpartum.
- A reduction in bone density loss while breastfeeding.



**stay well.**