

# Prenatal & Postpartum Exercise Design

## Certificate Course

For the past 20 years, Catherine has focused her work as an exercise physiologist on the development and instruction of innovative, evidence based pre-and postnatal fitness programs. Her company, "Prenatal & Postpartum Fitness Consulting" specializes in providing the most current pre-and postnatal exercise information and certification programs to hospital, fitness center and military healthcare professionals.



The "Prenatal & Postpartum Exercise Design" certificate course was updated in 2015 and includes the latest maternal fitness research, guidelines and exercise techniques.

Catherine is co-author of "Exercising Through Your Pregnancy" with Dr. James Clapp, and a contributing author of "Women's Health Care in Physical Therapy: Principles and Practices for Rehabilitation Specialists." She is the author of the book, "Fit Pregnancy for Dummies." Catherine has been a speaker at ICEA, NPACE, ACSM and military medical conferences, and serves as the maternal fitness consultant for [www.babyfit.com](http://www.babyfit.com)

Catherine has a Masters Degree in Exercise Physiology.

### Training Course Content

- Education on pre- and postnatal exercise physiology
- Exercise prescription and modification for various fitness levels and abilities
- Exercises developed by physical therapists for abdominal and pelvic floor strengthening
- Strength and flexibility training
- Innovative exercises developed specifically for pre-postnatal women

- Medical clearance information
- Policies and emergency procedures
- Program design and marketing
- Training Manual and Supplement
- Current research on maternal exercise and references- updated January 2015
- Physiological and biomechanical changes of pregnancy and postpartum
- American College of Obstetricians and Gynecologist guidelines
- Contraindications for exercise
- Extensive strength and flexibility training exercise photos and instructions
- Exercise prescription for pregnant and postpartum women
- Warning signs and symptoms for pre-and postnatal women
- Modifications for each trimester
- Nutritional recommendations
- Exercise design for water and land aerobic programs
- Relaxation techniques
- Health screening, medical clearance and exercise monitoring forms
- Handouts for class use

### Course Continuing Education Credit Organization List

0.6 ACE	6.0 ISSA
6.0 ACSM	0.60 NAFC
6.0 AEA	0.60 NASM
6.00 AFPA	0.6 NASN
6.0 BCRPA	4.0 NCHEC
6 BOC	5.0 NCSF
6.0 CDR	6.0 NETA
6.0 COOPER	1.0 NFPT
0.6 COPKST	0.6-NSCA
4.00 CPTN	6.0 NSPA
6.00 ECA	0.60 PTBC
16.0 ICEA	5.00 USAT

## Prenatal and Postpartum Fitness Certificate Course

**Certificate Course Cost: 109.00 plus \$7.00 shipping**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### Payment

MC/Visa

Exp. \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Check \_\_\_\_\_

Please send payment to: Prenatal & Postpartum Fitness Consulting

Attn: Catherine Cram

7704 Midtown Road,

Verona, WI 53593

Questions about the course?

Please contact me at:

Phone: (877) 582-2227

Email: [ppfconsultingllc@gmail.com](mailto:ppfconsultingllc@gmail.com)



Prenatal & Postpartum  
Fitness Consulting

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