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# *Frequently asked Questions*



### **I HAD A CHILD YEARS AND YEARS AGO AM I STILL POST NATAL?**

Yes! Once post natal, always post natal! If you have not completed any women's health checks, rehab, pelvic floor and core training or don't yet understand how to modify exercises to suit you then this is definitely the right place for you to start! If you have done all of those things, even better! I am experienced with training women of all different fitness and strength levels.

### **I AM PREGNANT, CAN I STILL TRAIN WITH YOU?**

Yes, if you have a medical certificate to clear you for exercise and you are in a low risk category pregnancy. You will also be limited to training with me face to face - not virtual only.

### **WHAT IF I HAVE NOT SEEN A WOMENS HEALTH PHYSIO?**

That is ok however it is highly recommended that you do see one ideally before commencing training or at least have booked an appointment at commencement of training with me. Why? WHP are the eyes on the inside and can give us a better picture of what your body is doing on the inside to ensure we get the most out of your training, safely.

### **WHP SESSIONS ARE SO EXPENSIVE SO I DON'T WANT TO BOOK ONE RIGHT NOW**

I totally get it! I have 2 options for you. #1 Don't train with me YET. Save the money from the weeks you would have trained with me - to use to pay for your WHP appointment.

#2 Go to your GP and ask for a referral for the WHP at the local hospital - there will be a wait but it is financially a lot cheaper.

### **DO YOU ONLY TRAIN MUMS?**

I train all women!

### **WHAT EQUIPMENT IS NEEDED TO TRAIN AT HOME?**

See equipment list attached.



## **CLASS SESSIONS RUN IN LINE WITH MY CHILDS SLEEP TIME SO I CAN'T COMMIT**

Yes you can! I have so many women come and train with me at all different times and I can guarantee that sleep times change and differ all of the time. Some things that have helped my clients overcome this are:

- \*arrive earlier to the session to feed/settle baby/walk around before session starts
- \*bring a support person to help with baby while you train
- \*just come and try it! bring baby in the pram and over the weeks bub will hopefully readjust to the session time - or even better - learn how to sleep in a different place yay!

## **I WANT TO TRAIN BUT I AM FINANCIALLY STUCK AT THE MOMENT**

I totally understand this, as an AusActive member I have a BUPA Provider number which can sometimes help you get your sessions covered by your Private Health Fund. I am more than happy to draw up a PDF receipt for your health provider.

Most funds have \$200-250 allocated to 'healthy lifestyle and gym or fitness programs' which I have had many clients use and take advantage of. I also offer a weekly payment option.

## **I HAVE NEVER EXERCISED BEFORE, CAN I STILL JOIN?**

Absolutely! That is why I am doing what I am doing! I love helping women, especially beginners get into exercise. I like to think of myself as an educator, I make it my mission to educate all of my clients so that they always leave training with me knowing more than they did when they started. I endeavor to help my clients in any way that I can whether they have experience in exercise or not.

## **IF THERE IS A PH DURING THE TERM DO YOU RUN SESSIONS ON PUBLIC HOLIDAYS?**

I do not work on PH so if our sessions fall on a PH you will be given a workout to do at home or have the opportunity to attend another session that week if there is availability in my group sessions.



## **I HAVE A LOT OF INJURIES/CONCERNS CAN I STILL TRAIN WITH YOU?**

Of course you can! If you have a few more concerns than the average person I recommend investing in 1:1 PT rather than group training or TSM or online coaching so that we can really work out what is best for you without any other distractions. I love to collaborate with local health professionals as well so if you are currently working with a physio, osteo or someone else feel free to pass them my details so that we can ensure a holistic approach to your training.

## **WHAT IF I CAN'T ATTEND A SESSION BECAUSE MY CHILD OR I ARE SICK?**

For The Strongest Mum Pre/Post Natal Program: I may offer ZOOM sessions throughout the week which you can tune into instead of your usual face to face session time and I also have a large library of workout videos you can do at home instead of the face to face session so you don't miss a workout. Remember - when you train with me you will get the education on how to train from home for such days! You may also be able to jump into another session throughout the term as a 'catch up' class subject to availability.

If you do 1:1 PT: we simply switch to a LIVE zoom for that session instead of face to face so you can stay home with your babes. If you are unwell and cannot attend your session face to face or live zoom you will lose the session if the cancellation is made with 24 hours of your session time. I also have a large library of workout videos you can do at home instead of the face to face session so you don't miss a workout or simply do a workout from your personalized program. Remember - when you train with me you will get the education on how to train from home for such days!

## **WHAT HAPPENS IF THE TRAINER IS SICK?**

This rarely happens! But if it does then sessions will either be swapped to LIVE ZOOM for that day/s or cancelled and rescheduled at YOUR next convenience.

## **DO YOU DO CASUAL SESSIONS?**

For 1:1 PT - yes.

For The Strongest Mum Program - no.



## POST NATAL CLIENTS

If you have ever been pregnant or given birth before please take the time to read and consider the information below.

### ***Did you know that, Once Post Natal - Always Post Natal!***

\*Why safe return to exercise is critical for long-term health  
[READ MORE HERE](#)

\*Have you seen a Women's Health Physiotherapist?  
[FIND ONE HERE](#)

\*Do you know what your Pelvic Floor is for and what it does? Do you perhaps have any Pelvic Floor Dysfunction?  
[FIND OUT MORE HERE](#)

Let me take you through some of my videos:

[HOW TO ACTIVATE YOUR PELVIC FLOOR & CORE](#)

[A 10 MIN WARM UP TO DO PRIOR TO EACH WORKOUT](#)

\*add this to the program

[HOW TO CHECK YOUR ABDOMINAL WALL FOR SEPARATION & LEARN MORE ABOUT MODIFYING EXERCISES](#)

***Want to know more? Book in a zoom call or face to face chat with me to personalize your training and get the most out of your pelvic floor and core!***

## EQUIPMENT LIST

To complete the workouts for sessions virtually or doing home workouts you may need the following pieces of equipment. I have put together this budget friendly list for your convenience. If you need help with exercise modification based on what you have at home please contact me. Alternatively I may be able to supply you with some of the things listed. Products listed are from Kmart however most sporting retailers online would have most of these items as well.

**FABRIC BOOTY BANDS 3 PACK**



**RESISTANCE BAND SINGLE**

\*at least one but 2 different resistance types are better



**DUMBBELLS** \*at least one pair or 3-5 sets varying weights



**LATEX BAND (or THERA BAND) SINGLE**

\*at least one but 2 different resistance types are better



**FOAM ROLLER (optional)**



**MICRO BAND SET**

includes 4 x micro bands light, medium, heavy, extra heavy

