

# SWEATY MAMA®

**Sweaty Mama® and Sweaty Mamilates® classes have been designed to assist women by offering specifically designed post natal exercise to aid recovery after birth.**

After having her 2nd child in quick succession of the 1st & suffering a severe diastisis recti & a prolapse herself, Hannah McVerry trained as a Pre and Post Natal Specialist PT to understand fully her own personal circumstances. This then naturally led to gaining a wealth of knowledge and experience and a passion to help other Mamas on their post partum fitness journey too. At Sweaty Mama we understand that every woman's pregnancy, birth and recovery are unique. We prioritise fully getting to know our Mamas prior to and at our sessions to assist them individually as well as a group. We create a community environment and a safe place to exercise at an individual level with the expert advice to guide each Mama.



Sweaty Mama is an upbeat session choreographed to music which focuses on the key areas to help a Mama gradually rebuild her fitness as well as restrengthening the pelvic floor and core muscles and realigning posture. We encourage Mamas to undertake the suitable level for their own fitness journey offering a range of exercise options to suit them and also the age and development of their child. Classes are focused on having fun, bonding with their child whilst enhancing their cardiovascular fitness, strength and tone in the key areas after birth through aerobic, resistance led and floor work. The children are able to benefit from social interaction with the other children as well as the security and closeness from their Mama.



Mamilates is a low impact session focusing on rebuilding the pathways to key muscles which have naturally been tuned out during pregnancy. The course works through key areas to gradually rebuild strength and tone in the core, pelvic floor and provides a whole body approach of strength. With a range of lower options and progressions for every exercise, Mamas are encouraged to build up the intensity, listening to their body and gaining strength gradually. With interaction with baby throughout the session, the workout enables bonding and closeness of Mama and child together. Along with our relaxed environment babies are able to gain all the social benefits in a safe and secure environment.

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Sweaty Mama Bootcamps are fun, female only sessions for all women to attend in a safe and friendly environment. With a motivating and non judgemental atmosphere, we make our sessions a girls night, enjoying lots of giggles alongside an effective session so that you get all the benefits of a targeted workout whilst having fun too! With a range of options from low to higher intensity for every session, every woman can take things at their own pace, according to their level of fitness. Every session is different with game, team orientated sessions which keep you on your toes and enjoying exercise. This then naturally leads to long term fulfilment on a mental and physical level, feeling the difference for yourself. Mamas and women without children attend, as well as Grandmas and younger women too! Sweaty Mama Bootcamp is a very inspiring and empowering session to be part of.

## **The safety and comfort of our Mamas and children are paramount to us at Sweaty Mama.**

All our instructors and franchisees are Pre and Post Natal Qualified as well as undertaking our own in depth training programme through the Sweaty Mama Qualification programme. We continue to develop our sessions to offer safe and stimulating positions for both Mama and child to promote good posture, core strength and closeness with the child too. A small proportion of the Sweaty Mama session has the option to utilise a Baby Carrier or Sling, which can be used to hold baby securely whilst Mama gradually raises their heart rate and activates the key muscles through static resistance exercises. Throughout the session we also interact with baby through various freeholding positions as well as floor work with opportunity to bond and engage in closeness with the child.

With a national presence of classes across the UK, Sweaty Mama now offer a wider range of sessions to Pre Natal clients through our Mamilates with Bump sessions and also female only Sweaty Mama Bootcamps too. As a rapidly growing brand we have a vision to lead the way for women everywhere to have the choice to experience all the mental health and physical benefits that our sessions offer in a safe & secure environment. Being part of a community of women that are experiencing similar circumstances enables women to build rapport and create support networks as well as friendships.

