



Pregnagym

Overview

Preparing for your pregnancy involves not only financial planning and setting lifestyle and career goals, it also includes body conditioning and health maintenance. Women, who improve their overall health, fitness, and body tone before or during pregnancy, increase their ability to maintain their weight, remain healthy and retain a positive self-image.

Pregnagym is a planned and supervised exercise program designed for pregnant and post-partum women. Although many physical changes occur during pregnancy, the program benefits often include:

- More energy
- An increased endurance and fitness level
- Quicker post-partum recovery
- Improved self image
- Less excess weight gain
- Potential for a more efficient labor and delivery
- New lifestyle goals
- Less/Controlled Joint Pain

Pregnagym begins with your Licensed Practitioner who coordinates and initiates your Well Health needs through our Physical Trainers, Physical Therapists, Registered Dietitians and other staff within the Tiny Toes Program. The Pregnagym Team will develop and construct the ideal exercise, diet and physical health program for you guiding you through each step. Personal one-on-one instruction and monitoring are included in the program.

The exercise is performed in a climate-controlled environment at the David M. Collins WellHealth Center. Physical Therapy is done in the Abilene Regional Rehab Services Department and Dietary consults on the 3rd floor of the hospital.

Cost:

1. Referral by OB Practitioners:

- **Pregnagym Exercise Program** (Monitored by Physical Trainers): Each month will be \$25.00. For a family membership there is an additional \$15.00 charge. Includes personalized stretching routine, monitored cardiovascular and weight training program. For an extra fee a Massage Therapist is available. (For more information, contact the Well Health Center at 325-428-5700)
- **Physical Therapy** (Monitored by Licensed Physical Therapists): Costs will depend on Insurance coverage and verification. (If you have questions please contact our Rehab Department at 325-428-5720)
- **Dietary** (Monitored by Registered Dietitians): Costs will depend on Insurance coverage and verification. (If you have questions please contact our Dietetics Department at 325-428-1626 or 325-428-1627)