



ABOUT THE COURSE

Train4Birth is an online course with evidence-based education, exercise programming, and built-in accountability. It was created by an experienced women's health doctor of physical therapy. **It's designed to help women train for an optimal birth experience and help prevent postpartum issues.**

TB4 COURSE DETAILS

01
SAFETY

02
CARDIO

03
BODY AWARENESS

04
CORE & PELVIC FLOOR

05
STRENGTH & MOBILITY

06
NUTRITION & HYDRATION

07
VOIDING

08
MENTAL PREP

09
POSTPARTUM PREP

10
BONUS

Learn Complete the evidence-based course about your deep core & how to keep yourself mentally and physically healthy and fit throughout pregnancy and postpartum.

Train Start training (ideally at least 3xs/week for 20-40 min) for your optimal birthing experience. Demo videos and downloadable workout guidelines included.

Stay connected If you are looking for accountability, we have a built-in system!

WHAT'S INCLUDED?

- ▶ Baseline Screening
- ▶ 34+ weeks of evidence based exercise programming and videos
- ▶ 20+ staple exercises with demo videos
- ▶ 4+ hours of education about your pelvic floor, deep core, pain science, nutrition, mental health, and momma prepping
- ▶ Bonus tips
- ▶ Optional accountability weekly check-ins with personalized responses from Dr. Monika Patel DPT, CSCS* (Founder of Train4Birth)

HOW DO I GET THE PROGRAM?

Go to: WWW.TRAIN4BIRTH.COM

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ABOUT THE FOUNDER

Monika Patel, DPT CSCS graduated with a doctorate in physical therapy in 2016. After graduating she completed two years of extensive continuing education through the Institute of Advanced Manual Therapy and mentorships. She spent the first year focusing on orthopedics and the second year in pelvic health and then went on to get her Strength and Conditioning Specialist.

When she became pregnant, she set out to find the most evidence-based way to prepare her body, mind, and soul for the journey. So, she started Train4Birth and became her own case study. Then, she spent a year piloting the program. **All 56 mothers came away with a positive experience. She knew then that helping empower women is what she was meant to do.**

TRAIN
4Birth

WWW.TRAIN4BIRTH.COM



PROTECT & ACTIVATE
Your Core

WWW.TRAIN4BIRTH.COM



GOALS OF TRAIN4BIRTH

The health of your baby begins now. The healthier you are while pregnant, the healthier both you and your baby will be long term. We strive to:

- ▶ Help mommas prevent unnecessary discomfort, interventions, complications, and costs.
- ▶ Empower women throughout the birthing process motherhood journey.
- ▶ Encourage mothers to work at their own pace.
- ▶ Feel confident with an exercise program that can be completed both pre and post-partum.
- ▶ Support YOU in this transitional time, be this your first child or 10th!

We also believe in a pay-it forward culture.

5% of all of our sales go toward an organization that benefits women's health, children's health, education, or the environment

Why Should I Use a Pregnancy Workout Plan?

Pregnancy is a time where our bodies change more than ever.

Yes, it's a natural process. But as a culture, our bodies aren't as naturally strong as they used to be. The smaller, deeper core muscles we need to be strong during labor are often deconditioned.

We want to help you be proactive in preventing the cycle that happens so often during pregnancy. The first trimester can make you feel sick, nauseated, exhausted, and unmotivated.

Then, it's hard to get into an exercise routine again. Your body becomes deconditioned. This sets you up for experiencing more discomfort and difficulty during and after your pregnancy.

We want you to have as positive a journey into motherhood as possible.



FAQ

Is it safe to exercises while pregnant? YES! Research shows it's extremely beneficial for both mom and baby.

How can Train4Birth help me?

We teach you how to properly engage muscles to best support your body throughout pregnancy, delivery, and postpartum. It is a total-body program. Your growing baby affects your entire body, not just your tummy!

Why is birth something I need to train for? Isn't it a natural process? Birth is indeed natural. But it has a tremendous impact on your body. We read books and talk to other mothers to prepare our minds and emotions. We nest and prepare our households. Why would we neglect to prepare our bodies as well?

Who is Train4Birth appropriate for? As long as your doctor and/or midwife have given you clearance—all women: any age, size, or fitness level.

What if I didn't find Train4Birth until I'm in my 2nd or 3rd trimester? Will it still be beneficial? Yes! There is information in this program for *all* stages of pregnancy

Does it matter if I'm planning a home birth or hospital birth?

Birth is unique to everyone, full of surprises, personal growth, and empowerment. We support what you and your health care team feel is right for you and your baby.

What if this isn't my first child? Great! No matter what your past birth experience looks like—if this is your first kiddo, or your 5th; if you plan on delivering at home, in the hospital, or if you've had a C-section, these movements are still beneficial.

What equipment will I need?

- ▶ A way to time yourself (a phone will do!)
- ▶ Yoga mat or rug/carpeted area
- ▶ Free weights and/or food cans

I do prenatal yoga, how is this different?

Great! We love yoga! This program will offer you ways to practice yoga even more effectively and safely.

Will Train4Birth help me recover from delivery?

Yes! Changes in joint stability have been shown to last up to 4 months postpartum (longer if you breastfeed). We teach you how to engage your deep core muscles in a gentle, healing way.



I plan on having a C-Section, would this still help me?

Yes! If you are carrying a baby, then your body is carrying a baby. Your body experiences increased load and pressure, regardless of how the baby enters the world.

I have a diastasis recti—can I still Train4Birth?

Yes. Diastasis Recti is a separation of the abdominal muscles greater than two fingers' width and depth. Train4Birth is respectful of this condition and incorporates movements that might actually help the separation.

Who should NOT participate in Train4Birth?

If you have any of the following:

- ▶ What's termed an "incompetent cervix"
- ▶ Placenta previa
- ▶ Risk of premature labor
- ▶ Preeclampsia
- ▶ Rupture of membranes
- ▶ If you have heart disease, thyroid, serious respiratory condition or systemic disorders
- ▶ Persistent second or third trimester bleeding
- ▶ Gestational hypertension
- ▶ Intrauterine growth restriction
- ▶ Uncontrolled type 1 diabetes
- ▶ Carrying multiples and past 28 weeks

How is Train4Birth evidence-based? The program is based on the latest systematic reviews and meta-analyses and the recently published Canadian Guidelines for Physical Activity Throughout Pregnancy (2019). These are the highest level of research available. They are currently the gold standard for prenatal exercise prescription.

Additionally, we subscribe to "push" technology that sends us the latest, updated research on topics related to women's health and pre and postnatal fitness as soon as it's published!