

SWEATY MAMA®

EFFECTIVE | FUN WORKOUTS | WITH YOUR CHILD

CLASSES ACROSS THE UK

Fun workouts to undertake with your child adapted to suit your child's age and development

Feel good, help get back in shape, all whilst bonding with your child



Enjoyable stimulating movements child will love

Meet likeminded Mamas in the fitness community

Variety of exercises for all levels of fitness

Gradually increase the load as child gains weight

Fun and interactive way to reintroduce exercise postnatally with your child

Supports and re-strengthens your core and back after pregnancy

In association with



Following The **T.I.C.K.S.** Rules for Safe Babywearing

- » Tight
- » In view at all times
- » Close enough to kiss
- » Keep Chin off the chest
- » Supported back



www.sweatymama.com