

coRe Re-form™ Clinic

saturday, nov 13, 12:30-3p

lumina @ longfellow

522 boston post road

wayland, ma 01778

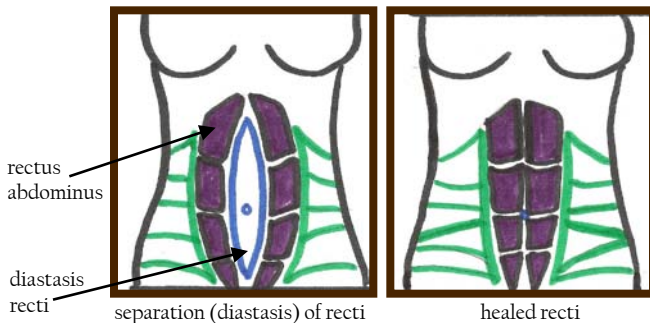
\$60 (\$50 if register by nov 8). Register online at shop.spa-bebe.com.

Calling all moms, no matter when you had your baby - whether 6 weeks or 26 years ago!

Are you still struggling with the post-baby pooch?

Wondering why no matter what you do it does not go away?

Pregnancy, childbirth and the hard work of motherhood can stress our core muscles – abdominals, back and pelvic floor in particular. This clinic educates women on the root cause of the “post-baby pooch”, why moms need a new approach to abs, and how the renowned coRe Re-form program can decrease diastasis recti, improve pelvic floor function, reduce back pain and flatten abs in six weeks.



MOMS NEED A NEW WAY TO WORK THE CORE

95% of all moms have diastasis recti. With pregnancy, the growing uterus separates a mom's rectus abdominus (“six pack”) muscles. This diastasis recti does not close up on its own in most new moms.

Most moms have some pelvic floor weakness, which contributes to lower abdominal transverse weakness.

Traditional exercises only work the outer core, doing nothing to heal the integrated muscles of the low back, pelvic floor and transverse muscle, which is like a natural corset.

Learn the secret to banishing the post-baby pooch with this proprietary exercise series recommended by over 350 OB/GYNs and endorsed by thousands of moms who experienced real results.

Pregnant moms and non-mobile infants welcome!

About bebeBootcamp and coRe Re-form™ Classes from spabébé
Created by Heidi Moon, founder of spabébé, these fitness classes provide real training for pregnancy, labor and motherhood. Heidi brought together top OB/GYNs, nurses, midwives, physical therapists and trainers to create a specific workout program for each stage of pregnancy and motherhood, dealing specifically with abdominal, postural, pelvic floor and back issues. The spabébé fitness and wellness center in NYC was listed as a top resource for pregnant women by Fit Pregnancy in 2007. Heidi and her team provide private training and group classes in New York, Boston and Minneapolis.

