



Comments from previous pre & post natal clients...

I have really enjoyed the last four years of personal training with you and cannot thank you enough for helping me with all of my achievements. I feel very proud to have been able to work with you and I want to thank you for your ongoing encouragement and commitment. You are a natural teacher and I would definitely recommend you to anyone thinking of using your services in the future

Sharon Kerrigan (Surbiton)

After the birth of my fourth child, I was desperate to get into better shape. David made this happen. Starting from 13.5 stone with no body strength and unable to run any distance, I reached well under 9 stone with a waist I am proud of. I hugely increased my stamina and strength. As a result of this, my confidence has soared.

Vicky Ilett (Surbiton)

David's dynamic, holistic approach helped me improve my confidence, self-esteem and happiness. The improvements I experienced in my body shape occurred all over, particularly areas where I wasn't expecting to see any results!

Liz Dimond (Surbiton)



Pregnancy & Exercise

DAVID MCGILL, PRE & POST-NATAL PERSONAL TRAINER



Pregnancy And Exercise: The Trimester Triathlon!!!

Are you are planning to have a child?

Are you currently pregnant?

Have you given birth to a child within the last year or two?

If so...read on!

Thanks to a misinformed mindset some people look upon exercise & pregnancy as an incompatible pairing. Understandably, they are, like any partner, parent, in-law or friend, concerned about the health and safety of mother and baby alike and the overall success of the eventual birth.

Be it you are a regular exerciser or a complete beginner you can fully relax and be re-assured they are in fact a perfectly compatible pairing. The rewards are endless, highly advantageous to both mother and child. Providing complications don't limit your ability to exercise, the benefits of an active pregnancy include:



A controlled release of tension helping to reduce feelings of stress, anxiety & depression.



Preparing you and your body birth. Strong muscles and a fit heart can greatly ease labour and delivery. Women who do strength conditioning exercise during pregnancy tend to have a shorter labour time and fewer delivery complications.



Regaining your pre-pregnancy body more quickly. You'll gain less fat weight during your pregnancy if you continue to exercise (assuming you exercised before becoming pregnant). The aim however is to be safely active throughout pregnancy rather than striving to reach peak fitness levels and lose excess body weight.



Improvements in muscle tone, strength and endurance. It makes it easier to carry the weight you gain during pregnancy and helps prepare you for the physical challenge of labour.



Feeling better. At a time when you wonder if this ever-changing body can possibly be yours, exercise can increase your sense of control, boost your energy level and make you feel better by releasing endorphins (the naturally occurring 'feel good' chemicals in your brain!)



Helping you sleep better by relieving the stress and anxiety that might make you restless at night.



Relief from backaches and improvements in posture by strengthening and toning muscles in your back, bottom, and thighs.



Having learnt of these benefits, many 'mums to be' wisely choose to exercise. For safety and assurance, they seek essential guidance from an exercise professional, highly qualified in the prescription of pre and post-natal exercise.

Be it in the lead up to conceiving, during the actual pregnancy and/or following the birth, the body of the mother and baby are ever changing. Exercise should therefore be altered accordingly. This will ensure most importantly that injury and danger are prevented and that exercise is both purposeful and very beneficial to the overall well being of the mother and baby.

Each trimester sees a gradual change in body shape, function and physical capability. A good example of this is the low blood pressure induced dizziness experienced in the first trimester. This occurs as the body structurally changes in preparation to supply sufficient blood to the mother and child. Thankfully this deficiency balances out by the start of the second trimester once blood volume has increased.

The psychological changes experienced throughout pregnancy are plentiful too thanks to fidgeting hormones and general exhaustion. Many mothers are understandably anxious that their child is delivered safely and healthily. This concern alone can subconsciously drain the body and mind, adding to the fatigue caused by ferrying an ever-growing tot around in their tummy. Pre & post-natal exercise however, works wonders in reducing exhaustion, releasing tension, instilling confidence and energy into your body.

Post Natal

Like their pre-natal counterparts, the post-natal exercise benefits are a huge incentive in following an active lifestyle. This isn't just limited to mothers who previously exercised leading up to the birth. The door remains open to complete beginners. Some mothers resume exercise a few weeks after the tiny tot has finally popped out or, further down the line when time is a little more generous and a regular routine becomes possible. In some cases, this can be as long as one or two years after giving birth due to the commitments and restrictions incurred in raising a child. For all mothers though, regardless of when they begin, the priority is to regain or refine their pre-natal figure and fitness levels. Be it that you are a complete beginner or someone who exercises regularly, you can be assured that many people will admire you for your positive intentions and enthusiastic efforts.





David's knowledge covers postural assessment and correction. Poor posture is widespread amongst many people in today's sedentary society due to changing work and lifestyle habits. Pregnant mothers can be affected too due to the weight and internal position of the developing baby and the adaptive response of the mother's body to accommodate it. His approach to exercise design ensures that activity serves a functional, biomechanical purpose. This further adds to the confidence instilling appearance benefits acquired through exercise.

David's academic background and professional experience allows him to correctly apply tailor-made exercise programs to a broad range of clients. These range from the general exercise participant to those affected by diabetes, obesity, arthritis and asthma.

The benefits of post-natal exercise include;

- 🏋️ **Weight loss**
- 🏋️ **Improved body image**
- 🏋️ **Increased self confidence**
- 🏋️ **Greater energy and enthusiasm**
- 🏋️ **Increased metabolic rate/calorie burning**
- 🏋️ **Feeling less anxious and depressed**
- 🏋️ **Tension release which the demands of a newborn baby can create**
- 🏋️ **Feeling fitter (improved aerobic fitness)**
- 🏋️ **Improved posture/ spinal alignment**

With seven years experience as a freelance personal trainer, David McGill has successfully worked with a number of pre and post-natal mothers, combining theoretical knowledge with an instinctively holistic ethos to exercise design.

His academic background in sport science combined with his Premier Global Master Trainer qualification provides him with an in depth understanding of the physical changes that occur throughout pregnancy. David adaptively tailors and safely prescribes enjoyable exercise programs, instilling confidence and assurance in the minds of the pre & post-natal client.



To arrange an appointment
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