

MOVEMENT FOR MOMS

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Description: Dive into common form issues we see within one of our largest populations of clients: mothers. You'll learn about these issues and the movement patterns you should be introducing to help moms become better movers in life. Learn easy cues, workout structures and more in this interactive workshop.

MIND

- Expert
- Expectations
- Engagement

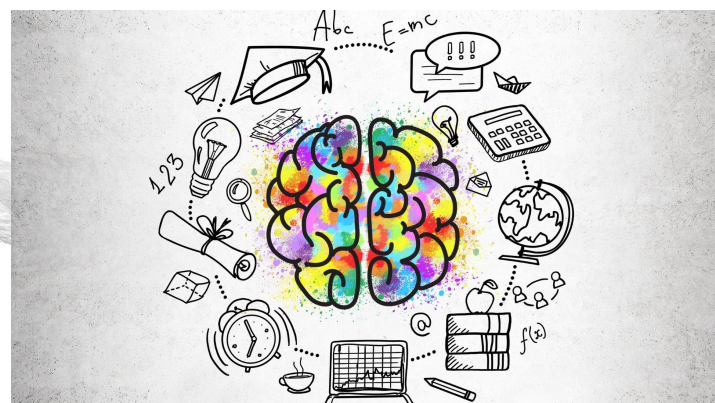
BODY

- Cardio Impact
 - Functions of the Pelvic Floor
 - Support Pelvic Organs
 - Bladder & Bowel Control
 - Passing Urine & Feces
 - Sexual Function
 - Breathing
 - Variables
 - Contact Points
 - Movement
 - Range of Motion
 - Speed
 - Propulsion
- Strength Training
 - Movement Patterns
 - Pull
 - Push
 - Squat
 - Lunge
 - Hinge

- Core Strength
 - DRA
 - 4 Ps of Core Training
 - Purpose
 - Power Player
 - Position
 - Pose

SPIRIT

- Shame & Guilt
- The Power of Positivity
 - Words
 - Tonality
 - Body Language
- Connections
 - Community
 - Connection
 - Camaraderie



MIND

EXPERT
EXPECTATIONS
ENGAGEMENT



UNDERSTANDING

TRUST

Firm belief in the reliability, truth, ability, or strength of someone or something.



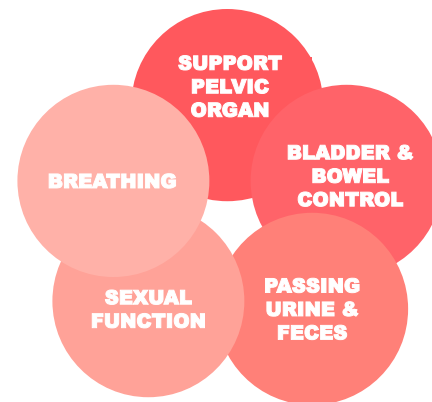
CHANGES

MIND
BODY
SPIRIT



BODY

CARDIO IMPACT
STRENGTH TRAINING
CORE STRENGTH



VARIABLES

1. CONTACT POINTS
2. MOVEMENT
3. RANGE OF MOTION
4. SPEED
5. PROPULSION



VARIABLES

1. CONTACT POINTS
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BODY

CARDIO IMPACT
STRENGTH TRAINING
CORE STRENGTH

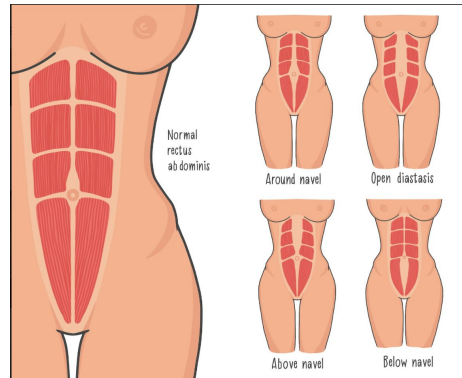
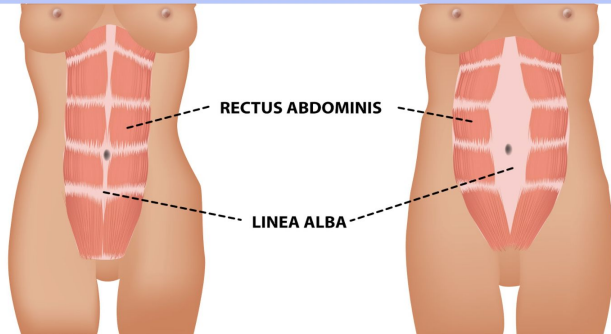


BODY

CARDIO IMPACT
STRENGTH TRAINING
CORE STRENGTH



DIASTASIS RECTI DURING PREGNANCY



THERE IS A
97%
CHANCE A MOTHER WHO
CARRIED TO TERM HAS
SOME SORT OF DRA

60%

WILL STILL HAVE SOME
SORT OF SEPARATION 6-
WEEKS POSTPARTUM

30%

WILL STILL HAVE SOME
SORT OF SEPARATION
1-YEAR POSTPARTUM

4 PS OF CORE TRAINING

1. PURPOSE
2. POWER PLAYER
3. POSITION
4. POSE

PURPOSE

1. STABILITY
2. ROTATION
3. LATERAL FLEXION
4. FORWARD FLEXION
5. SPINAL EXTENSION

POWER PLAYERS

1. ABDOMINIS (TRANSVERSE AND RECTUS)
2. OBLIQUES (INTERNAL AND EXTERNAL)
3. ERECTOR SPINAE
4. GLUTES
5. HIPS (HIP FLEXORS, ADDUCTION, & ABDUCTION)

POSITION

1. STANDING
2. SUPINE
3. PRONE
4. SEATED
5. SIDE-LYING



CHANGES

MIND
BODY
SPIRIT



SOUL

NEGATIVE
POSITIVE
BOND



UNDERSTANDING

GUILT

The feeling you get when you did something wrong, or
perceived you did something wrong to hurt OTHERS



UNDERSTANDING

SHAME

A painful emotion caused by having done something wrong
or improper - FEELING OF SELF



7%

OF COMMUNICATION
IS VERBAL



55%
OF COMMUNICATION
IS BODY LANGUAGE



UNDERSTANDING

UNITY

A condition of harmony

UNDERSTANDING

COMMUNITY

The feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals

UNDERSTANDING

CONNECTIONS

A relationship in which a person, thing, or idea is linked or associated with something else

UNDERSTANDING

CAMARADERIE

Mutual trust and friendship among people who spend a lot of time together



CHANGES

MIND BODY SPIRIT





CALL
YOUR
MOMMA

THANK YOU

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