

PREGNANCY BONUS VIDEOS



Everyone seems to be liking my Pregnancy Fitness & Pilates Plan so far. I want to give as much advice as I can, to help women feel good during pregnancy. As promised when I launched the plan, every Wednesday I will be sharing two new bonus videos on Pregnancy Health Tips. These videos cover loads of different things like:

- Sleeping
- Swollen Ankles
- Breathing
- Supportive Footwear.

I found these tips super helpful throughout my pregnancies. A brilliant Women's health physiotherapist and I developed these tips into short videos for my members.

1. Week 1's bonus videos are about **Balance & Stability** and **Better Posture**.
2. Week 2's topics are **Body Temperature** and **Breathing**.
3. Week 3's provides information on **Cardiovascular Benefits** and **Headspace**.
4. Week 4's focuses on **Hydration** and **Swollen Ankles**.
5. Week 5 looks at **Pacing Yourself** and **Pelvic Stability**.
6. Week 6's Bonus Videos are: **Pregnancy & Sleeping** and **Stamina & Endurance**.
7. Week 7, the final two tips are: **Supportive Footwear** and **Upper Body Strength**.

Keep an eye on my social media to see what tips I'll be posting each week, or join today for just €7 a month to see for yourself, and get access to all of the rest of my content.



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