

## PREGNANCY FITNESS



Hey Friends,

I'm delighted to announce that my pregnancy plan is now available! What will you get from it?:

- Pregnancy Fitness & Pilates Plan
- Pregnancy Health Tips
- Safe & Effective Workouts
- Home & Gym based Exercises
- Suitable for trimester 1, 2 & 3
- Expertly led Content

I have been working on this passion project of mine for the last few months and I am thrilled to finally launch it. As well as the fitness and pilates, I will be sharing new tips each week, that I found super helpful throughout my pregnancies.

Finding the right information while being pregnant can be so difficult, you are constantly asking yourself am I eating the right foods? Am I doing the right exercises and everything else that comes with being pregnant and there is not a lot of information out there for mums to be.

As a result of the lack of information available, I wanted to create a plan to help mums to be. I teamed up with an amazing women's health physiotherapist and together we put this plan in place that will bring you through the 3 trimesters of your pregnancy.

Join Now for only €7 per month to gain access to this plan and all other areas of my site.



Be Empowered

Start your story today with my leading Food, Fitness & Focus Website

[Join Now](#)