



*Power of
Pregnancy*

PROGRAM GUIDE

WHAT IS “POWER OF PREGNANCY”?

Power of Pregnancy is a simple, easy to follow prenatal wellness program for women who want to be at their prime during pregnancy. Founder, Gina Fontaine, created this program in response to a gap in the fitness marketplace serving pregnant women. Pregnancy is the motivation for many women to either begin or return to physical activity after an extended time, and there are relatively few prenatal-specific class formats available to women. Prenatal yoga, being the most widely offered class format for this population simply does not serve the needs of all women.

We are building a network of birth professionals and wellness providers who support women during the perinatal period. Through our partnerships we will offer low-cost and discounted access to Power of Pregnancy licensed fitness centers, birth professionals, mental health professionals and complementary health care providers — making access to the most well rounded care available to ALL pregnant women more affordable.



THE IMPORTANCE OF PRENATAL EXERCISE

In December 2015, the American College of Obstetrics and Gynecology published Committee Opinion 650 (“[Physical Activity and Exercise During Pregnancy and Postpartum Period](#)”) stating that “Women with uncomplicated pregnancies should be encouraged to engage in aerobic and strength-conditioning exercises before, during, and after pregnancy.” The paper continues, “Observational studies of women who exercise during pregnancy have shown benefits such as decreased Gestational Diabetes, cesarean and operative vaginal delivery, and postpartum recovery time.”

Women who exercise in a professionally supervised format may increase their likelihood of adhering to an exercise program, thus attaining optimal outcomes.

Power of Pregnancy can be offered as either a private, self-pay or insurance-funded, employee wellness program. A variety of formats described next can be offered at your facility or workplace.



PROGRAM OPTIONS

PRIVATE GROUPS

Power of Pregnancy may be presented to a group of 4 - 12 women in your studio, clinic or health club. Classes range from 60 - 90 minutes. Access to yoga bolsters and stability balls is helpful but not required. These items are available for purchase through the instructor.

EMPLOYEE WELLNESS PROGRAM

Pregnant women may grow concerned about their job security during pregnancy. By offering Power of Pregnancy to your employees you are making a statement that you support and value your pregnant female employees. Benefits of creating this support network may be lower rates of absenteeism during pregnancy, a refreshed return from maternity leave, and lower incidence of birth complications and postpartum overwhelm. Classes may be held in an on-site conference room or an outside facility.

CLASS FORMAT

Power of Pregnancy is not a childbirth education class. Women learn how to safely maintain their physical, mental and emotional health through using exercises on an exercise ball, yoga and mindfulness training.

Classes follow a simple format

1. Greeting and discussion
2. Experiential learning
3. Q & A
4. Home practice given

PROGRAM OFFERINGS



MINI CAMP

This 3-hour format is ideal for time strapped women who already have a regular routine of physical activity but want specific pointers for pregnancy. We cover the 5 Simple Practices to Ease Pregnancy, stress management and exercise guidelines for pregnancy. Women will walk away with a daily plan to easily integrate self-care into their daily life.

3-CLASS WORKSHOP

Explore the physical, mental, and emotional realms of wellness in 3 separate 90-minute workshops. This class is ideal for those who desire to devote more time to self-care during pregnancy. Classes will include 5 Simple Practices to Ease Pregnancy, restorative yoga for pregnancy, exercises to prepare the body for birth and emotional support for couples.

6-CLASS SERIES

This ongoing series of one-hour classes builds camaraderie and body confidence among the highly motivated pregnant moms. Each week will focus on a different topic including: Breathing, Pelvic Floor/Core, Balance, Trust, Stress Management and Body Image. Each class includes yoga and strength exercise and ends with relaxation.

DAY LONG RETREAT

Moms will experience a day of prenatal wellness education from a variety of birth professionals including a chiropractor, pelvic floor physical therapist and a doula. Opportunities for self-nourishment and relaxation will be interspersed throughout the day to leave the mom feeling pampered and refreshed.

TESTIMONIALS

“ I am SO grateful I connected with Gina! I am taking Power of Pregnancy classes and they are wonderful! I feel inspired, energized, and more grounded in my body after class. She is helping me to gain confidence and learn about the birth process. I love the way she caters to people’s individual needs, and offers assistance. She is also great at creating a community by bringing the class together. I highly recommend Gina!”

- Meghan Schenck



“ Gina has been amazing to work with this past year. I started with her when I was pregnant with my first and wanting to stay in shape with prenatal yoga. She then introduced me to her Power of Pregnancy course and it was well worth it! She was able to give me specific tools to help me with my pregnancy. With previous back surgery, I have a special situation and she always gave me exercises that would be safe for me to do. Now that I have had my baby and I am 4 months postpartum, I am having Gina come to my house for private personal training sessions to help me get my body back in shape! Thank you Gina for being so wonderful!”

- Britt Feist



ABOUT THE FOUNDER



Gina Fontaine earned her Bachelor of Science in Kinesiology from Indiana University in 1996. She went on to become a certified personal trainer with American College of Sports Medicine and later with National Academy of Sports Medicine in 2003. Throughout her 20-year career, she has taught a variety of group exercise formats including yoga, Pilates and aerobics. She excels at bringing a group with varying levels of fitness together to feel successful and empowered.

When Gina became pregnant in 2002, she wasted no time and became certified as a Prenatal Exercise Specialist through Desert Southwest Fitness. She later went on to guide pregnant women in small personal training groups at the Denver Athletic Club.

During her third pregnancy in 2010, Gina became certified in Anjali Restorative Yoga with Boulder yoga teacher Shannon Paige. Gina had powered through her previous 2 pregnancies, never missing a beat in her active daily schedule. Restorative Yoga became the missing piece to her prenatal wellness program. Relaxation, she would later discover, is the biggest key to a healthy and safe pregnancy.



Gina wrote the 16-hour Power of Pregnancy Prenatal Fitness Course in 2015. Many fitness professionals lack adequate education on prenatal fitness so she created the certification program to empower fitness professionals to serve this important population. She offered her certification training two times in 2015 before taking a break from teaching professionals, to boost awareness of the Power of Pregnancy prenatal wellness program to the Denver Metro community.

Gina believes that pregnant women have the power to change the critical state of our health care. Women who exercise moderately and perform regular routines of stress management bring healthier babies into the world thus improving the long-term health outcomes for mother and baby. Power of Pregnancy strives to transform the health of our nation one baby at a time.

Schedule a time to discuss the unique needs of your clinic, studio or workplace. A member of our team will recommend the ideal program offering for your situation.

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