

# Welcome to the Primary Online Personal Training Program!



Congratulations on taking a giant step in increasing your health and fitness!

Both you and your family will benefit from your new health and fitness plan. If you are pregnant, just delivered, or just want to increase lean body mass and improve health, you're in a great place. The right types of exercise can make the demands of pregnancy and motherhood easier and quicken recovery time.

In this program we will work on replenishing energy, develop good posture, and increase muscle tone so that you feel and look awesome! Whether you've exercised in the past or are a beginner, it's wonderful that you are committed to taking action now. This program is designed specifically for you. My goal is for this to be a pleasant experience, one you want to stick with, that delivers great results beyond your expectations.

Before we begin, I'd like you to please read through the information in this package so that you know what to expect and how we will work best together. I've laid out what I'll be sending you and when you can expect to receive it in addition to guidelines for support.

Please make sure you have read and signed the waiver and have received clearance from your doctor. I'm so excited to get started with you and am here to see you through. You will be so happy you invested in yourself during this time!

XOXO,  
Julia

## How the Online Program Works:

The program description below will provide you with information on getting started right away and how to get the most support.

## How Workouts are Delivered:

-Workouts are delivered weekly, via email in PDF format (24 hours or less after you've purchased and we've had our consult call).

-Each exercise will include a link to a video where exercises are demonstrated with proper form.

-If you experience any problems accessing your program, please email me at [julia@mind-to-size.com](mailto:julia@mind-to-size.com).

## Email Communication:

-Send all emails to [julia@mind-to-size.com](mailto:julia@mind-to-size.com). It is recommended that you save this email to your list of contacts.

-Please allow 24 business hours for a response.

## Workout Terminology:

Rep: Stands for repetition. One performance of a single exercise.

Set: The number of repetitions performed without stopping.

Superset: Combined exercises. This means that you will do the 1st set (of the 1st exercise) and then go directly into the 1st set of the 2nd exercise without resting between the two exercises.

HIIT: High Intensity Interval Training. This is an enhanced form of interval training, an exercise strategy alternating periods of short, intense anaerobic exercise with less intense recovery periods. HIIT is a form of cardiovascular exercise. Usually HIIT sessions/exercises may vary in length of time depending on your program.

## Training Days (how to begin and end your workout):

Warm-up: ALWAYS begin a workout with an 8-to-12-minute warm-up (if pregnant) or a 5-to-10-minute warm-up (if not pregnant). Pregnant women are advised to spend a few extra minutes warming up to prepare the synovial fluid in their joints. The warm-up increases blood flow and body temperature; it lubricates joints and prepares joints, tendons, and ligaments for movement and added weight demands of exercise. Beyond physically prepping your body for exercise, the warm-up mentally prepares you for your workout.

Cool down: Gradually decrease activity level. Abruptly ending a high intensity workout can cause blood to pool in the lower extremities. The gradual reduction in activity allows your body to adapt when decreasing high intensity exercise. This prepares your muscles and connective tissue for flexibility work to follow.

Foam roll: Foam rolling may help reduce trigger points or knots in muscles and improve flexibility. People who engage in repetitive contractile movements, experience poor posture, and/or who have compromised mobility with decreased range of motion can benefit from regular foam rolling. While your gym may only offer one density type (either very soft or very firm) foam roller, you may find that one type suits you better than another and may want to buy your own (sometimes more than one type). Generally, a soft density foam roller is best for beginners. If you are pregnant, you must ask your doctor if foam rolling is permitted.

Stretch: Stretching after a workout releases tension and elongates muscles. However, it is important for pregnant women not to over stretch (the hormone, relaxin, is elevated during pregnancy. It relaxes joints, ligaments, tendons, and muscle fibers during pregnancy to prepare the body for birth). Focus on gently stretching muscles used during your workout (and muscles that were foam rolled). Deep, focused breathing, while stretching, helps your body release tension which encourages muscles to gradually elongate. Bouncing while stretching may seem like a good idea but our body's natural

reflex is to resist stretching to prevent over stretching muscle fibers. Bouncing can cause injury and is not recommended. Aim to hold each stretch roughly 30-to-40 seconds while breathing deeply.

Form: Good form and proper posture is imperative in order to avoid injury and helps you work through the full range of motion. It helps in properly developing muscles and connective tissues. Feel free to email me a video of you doing exercises that you would like feedback on.

Progression: Although you can improve fitness levels during pregnancy, this is not the time to begin a new, extreme exercise routine, though you can continue exercising at the same level you were before becoming pregnant (with your doctor's approval). A good rule of thumb to measure intensity is by making sure you can comfortably talk throughout exercise sessions. It is ok and advised that pregnant women do strength training to support the weight of the growing baby. There are some exercises that may need modification as pregnancy progresses. We will address all of this in the program.

## Training Sessions:

-No need to fear, this is not a program that requires you to exercise for long periods of time. In fact, I would discourage exercising beyond 60 minutes at a time in order to avoid overtraining, stagnation, and boredom. Personally, my workouts usually last approximately 30 minutes with an extra 15-to-20 minutes for the warm-up, cool-down, foam rolling, and stretching. Altogether they last approximately 50 minutes.

-The way in which you perform the exercises (i.e., proper form) and intensity (lifting weights that aren't too easy and / or aren't too difficult) is much better to focus on rather than total time spent working out.

-As you become more active and mindful of your body through this process, you will build upon the skill of "listening to your body". If something doesn't feel right while exercising, don't push it. The setback time an injury provides is never worth it.

-Mild discomfort (the burn) - is part of the exercise process and is short lived during physical activity. You will become more attuned and more comfortable with feeling the burn as time goes on.

-Fatigue - a workout should leave you feeling exhilarated, but not exhausted (especially while pregnant). Fatigue that lasts days means you have been excessively challenged and your muscles and energy stores are not being replenished properly. Chronic fatigue is referred to as over-training. If this happens, we will need to adjust your training schedule.

-Soreness - is common, especially for muscles that have not been exercised for long periods of time, or when you perform an exercise you are not accustomed to. Soreness typically begins within a few hours, but peaks two days after exercise. This is referred to as Delayed Onset Muscle Soreness and is normal when beginning a new fitness program.

-Bad Pain - is usually caused by the improper execution of an exercise. Nothing should really "hurt". Immediately notify your physician (and me) of any sharp or sudden pains, swelling, or any unnatural feelings in your joints or ligaments.

- It is recommended that you first perform each exercise with NO WEIGHT to familiarize yourself with the movement pattern, and to mentally and physically prepare you for the tasks ahead.

-Monitoring Recovery - Over the course of your training I'd like to monitor your recovery because it's an indicator of how you're adapting to the program. Sleep quality, mood, and soreness will help me determine whether you're ready to progress your workouts or whether I need to alter the exercises, rest periods, or administrate any other changes.

-Pelvic Floor - the pelvic floor is a group of muscles that spans the width of the pelvis, stretching from the pubic bone to the tail bone, also attaching to the hip / sitting bones. This group of muscles provides support for organs such as, the bladder, uterus, and bowel (and weight of the baby while pregnant) and its strength is very important, especially during and after pregnancy. We will address the pelvic floor in your program.

## Tips for Success!

Maintain contact with your online coach:

-Your program is customized according to your needs, lifestyle, schedule, injuries, goals, etc. Email me with any questions and/or concerns you may have so that we can continuously update your program as needed.

-Any big life changes (such as moving or travel) can throw a wrench in your healthy lifestyle. Keep me in the know so I can help you navigate those changes.

-Training consistency is a huge component of your success and is especially important while pregnant. Keep in mind, taking a small action often propels momentum. If your motivation is low, decide to exercise for only five minutes. Do those five minutes without any self-imposed pressure to do more. If you feel inclined to keep going, great. If you don't, that's ok too. The point is, you took action and are signaling to your unconscious mind that health and fitness are important to you. Over time you will notice positive changes in your attitude and behavior.

-Sleep that follows your natural circadian rhythm is critical for every human being but is especially important for women who are pregnant. A calming evening ritual of meditation, soothing music, low lighting, and little or no exposure to digital devices helps many people settle into relaxation and sleep.

### Accountability:

-I am here to guide you and help keep your mind pointed in the direction of goal achievement, but ultimately you are the one who decides whether or not to fully participate in workouts or any other part of the program. You have great power that is waiting to be tapped; you are ready to do this!

-We have clearly outlined your goals and will regularly review and update them throughout your program. It is a good idea that you also have your goals written down; research shows that people who write down their goals are more likely to achieve that which they seek.

## What should I do between workouts?

If you are new to exercise, you must be sure to not over train, thereby causing injury and disruptions in your mood and sleep cycle. It is safe and advised (by ACOG) that pregnant women engage in regular exercise, even if they have never participated in a physical activity program before, but you must receive clearance from your doctor. If you are feeling good and would like to engage in some extra physical activity, send me an email for specific recommendations.

## Nutrition:

There are so many diets and supplements out there that make it overwhelming and difficult to nail down exactly which foods are best for your body. While I understand the temptation to try popular diets that promise rapid weight loss, my general recommendation is to stick with real foods (not heavily processed ones containing chemicals, preservatives, and fillers). When selecting supplements, I recommend choosing brands that have an NSF certification (third party testing), as the FDA does not regulate the supplement industry. Furthermore, emotions often influence eating patterns. This is why it is so helpful to pay attention to emotions and

thought patterns around meal time. Nutrition coaching isn't a prescribed diet plan and instead helps bring more awareness concerning eating patterns. If you are interested in nutrition coaching, send an email to [julia@mind-to-size.com](mailto:julia@mind-to-size.com).

### Hydrate:

As you may know, our body is mostly comprised of water and is essential for life. It is important to drink clean, filtered water and stay away from plastic water bottles that contain harmful chemicals and microplastics. You should aim for about 8-to-12 cups of water each day. Hydration is especially important for pregnant women while engaging in physical activity so always have some nearby.

### Visualizations:

Visualizations are an optional part of your program. It is best that you enter visualizations without an agenda; focus on relaxing into the visualization and let go of any attachments you may have concerning a particular outcome. You may choose to follow the visualizations I have provided or you may decide that you prefer other forms of meditation/visualization. The benefits of using visualizations are:

- increases relaxation and reduces stress
- allows the conscious mind to communicate more freely with the unconscious
- is a tool to work with the deeper parts of yourself

### Frequently Asked Questions On Gym Etiquette:

It's not uncommon to feel uncomfortable at the gym; understanding gym etiquette can help alleviate some discomfort. As you progress in your program, you will likely build confidence. Feel free to email me any questions you have about exercising in the gym.

### Here are five rules to consider throughout your gym workout:

1. The no-lift zone - Avoid lifting a weight within five feet of the dumbbell rack. It doesn't matter if you're doing a shoulder press, split squats, biceps curls, goblet squats, or anything else. It is best to pick up the weights and take five giant steps away from the weight rack so that others can freely grab weights off the rack.

2. Avoid the ab-zone - Most gyms have a designated area for mats, medicine balls, foam rollers, etc. Avoid taking heavy weights into that area. It's designated for stretching and abdominal work.

3. Keep mats out of the way for safety purposes - Avoid setting up a mat between two benches in the free weight zone. We don't want a weight dropping on your head! Even if the gym is empty try to keep your mat out of the way.

4. Avoid walking in front of someone exercising in the mirror - If someone is in the middle of their set, try your best not to cross their field of vision. Take the long way around if you have to. If you can't take the long way around, wait for them to finish their set before walking in front of them.

5. Put your weights away and don't drop them on the floor - Avoid dropping weights after finishing a set and rack weights in their proper place once finished. Dropping weights can be alarming to other people and cause damage to the facility.

Follow these steps to make your experience at the gym as fun and safe as possible. Please email me with any questions or concerns you have.

**Disclaimer:**

YOU SHOULD NOT RELY ON INFORMATION PROVIDED IN THIS COMMUNICATION AS A SUBSTITUTE FOR, NOR DOES IT REPLACE, PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. IF YOU HAVE ANY CONCERNS OR QUESTIONS ABOUT YOUR HEALTH, YOU SHOULD ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTH-CARE PROFESSIONAL. DO NOT DISREGARD, AVOID OR DELAY OBTAINING MEDICAL OR HEALTH RELATED ADVICE FROM YOUR HEALTH-CARE PROFESSIONAL BECAUSE OF SOMETHING YOU MAY HAVE READ IN THIS PACKET. THE USE OF ANY INFORMATION PROVIDED HERE IS SOLELY AT YOUR OWN RISK. SEEK PROFESSIONAL MEDICAL ADVICE PRIOR TO PARTICIPATING IN OR PRACTICING ANY EXERCISE, MOVEMENT, OR NUTRITIONAL PROGRAM DISCLOSED, SUGGESTED, OR REFERRED TO IN CONNECTION WITH YOUR USE OF THIS COMMUNICATION AND/OR THE PRODUCTS AND SERVICES.

## Cancellation Policy:

You can request to cancel your training program at any time within 30 days written notice, however refunds will not be granted for services rendered.

The path to health is truly individualized and should be fun and engaging. My job as your coach is to work with you in creating a great program that suits your personal preferences and lifestyle. I am excited to embark on this stage of your health and fitness journey and am here to ensure your success! I can't wait to get started with you!

XOXO,  
Julia

PS - be sure to join the Fit & Healthy Pregnancy Facebook group for regular health tips to keep you in the know and motivated in a like-minded group. Can't wait to see you there!