



Why do your Fitness Professionals need to be trained in pelvic health?

FACT: Every exercise movement we prescribe for our clients has a direct effect on this precious group of muscles.

As Fitness Professionals, we teach exercise and movement, therefore, we need to *fully understand* the effect that a fitness programme or class has for the individual client.

How is this relevant to your Gym/Health Club?

FACT: 1 in 3 women and 1 in 10 men live with pelvic floor dysfunction - these figures are continuing to rise. *These statistics include the very people who train in your gym or health facility.*

Providing your coaches with the in-depth knowledge of pelvic health they need, they can confidently prescribe appropriate exercise programmes in the gym, and offer suitable modifications in the fitness class environment.

You and your coaches are in a prime position to both educate and enhance the overall health benefits of your clients.

What are the benefits of training?

This **engaging** 7 hour workshop provides you with the knowledge and a detailed understanding of this taboo subject.

You will gain confidence in being able to identify who is, or is potentially at risk. We will provide you with the tools to address the subject sensitively, rather than avoiding it. Consider the client who is back in training after having a baby, or following surgery, or the client who is entering her 'prime' years.

Delegates acquire the knowledge needed to offer suitable adaptations in the group fitness environment. For the PT client, coaches will confidently be able to offer an exercise prescription that will not adversely impact the pelvic floor muscle group, the very foundation of our core.

Set your club apart from other clubs, and be a forerunner in the fitness industry!

Your clientele will have complete confidence that *your* Fitness Professionals have a full understanding and broad knowledge of *all* health matters, including those of the pelvic floor. When we consider the statistics of 1 in 3 being affected by some kind of pelvic floor issue, that's a whole lot of members!

Remember, our clients are real people who are looking to us for expert guidance towards improved health and wellbeing. They need to exercise safely, confidently and without fear of bladder leakage or adversely affecting the integrity of the pelvic floor.

How is this training facilitated?

Training is delivered at *your* facility. All we require is the studio for the day, and for you to select the fitness professionals you would like us to present to.

Is this workshop accredited?

YES! Our training workshop is accredited by **PD-Approval**. Furthermore it is recognised by **REPs**, offering 7 CPD points on completion of the workshop.

We are a member of **EMDuk**. Our training is also endorsed by Registered Specialist Women's and Men's Pelvic Health Physiotherapists.

Is there a prerequisite to attend?

Level 2 (or equivalent) in Gym, Pilates, Studio class Instructors, P.T.'s and exercise rehabilitation therapists.

Is any prep required prior attending the training day for the student?

We provide an online manual for each student to read prior to the workshop, together with a worksheet for completion. This is necessary background reading as we cover so much information on the day itself.

Workshop course content:

The day is a mixture of theory, practical and interactive learning - ***the teaching style Fitness Professionals respond to! We cover:-***

- * The need for pelvic floor education
- * Statistics for incontinence in the UK, and why Pelvic Dysfunction figures are continuing to rise
- * Contributing factors
- * Recognising red flags indicating possible pelvic floor dysfunction
- * Hypertonic/hypotonic muscles of the floor and the implications in exercise for your client
- * Pelvic Anatomy and function
- * Pelvic floor with core mechanics
- * Pelvis and spine alignment
- * The mechanics of breath, core and pelvic floor
- * Understanding Intra-Abdominal Pressure, implications and management
- * Locating and correct contraction of the pelvic floor group
- * Correct cueing for pelvic floor activation for both men and women
- * Pelvic floor coordination in movement
- * Pelvic floor loading Vs pelvic floor protection
- * Pelvic floor conditions & specific exercise with recommendations
- * Exercise & pelvic floor loading
- * Exercise & pelvic floor considerations/modifications
- * Functional pelvic floor strength

Cost Per Student £150

Action: Contact Louise Field Programme Director 07876141607

