



## Physical Activity Associated with Baby Boot Camp

### Prenatal Exercise Prescription

As of \_\_\_\_\_ (today's date) we are not aware of any contraindications that prevent our patient from participating in physical activity involved in Baby Boot Camp which may include some or all of the following exercises:

- Walking
- Stretching
- Resistance tubing exercises (e.g. bicep curls, shoulder raise, etc.)
- Body weight exercises (e.g. squats, triceps dips, etc.)

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Patient's Name

Gestational Weeks

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Practitioner's Name (print)

Phone

Email

Pregnant moms are not asked to run, jump, execute high impact exercises or exercise in the prone position (except when supported by hands and knees) during Prenatal Baby Boot Camp or Baby Boot Camp Level 1 classes.

The majority of exercise modifications are presented in the third trimester. Baby Boot Camp class formats were developed by Baby Boot Camp Founder, Kristen Horler, a continuing education provider for the American Council on Exercise. For more information visit [www.babybootcamp.com](http://www.babybootcamp.com).

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