

July 2020

Michaela says;

If you are searching for a trainer pre-pregnancy, during pregnancy or postnatal you have found her! I cannot recommend Jo highly enough. I started my journey with Jo with boot camps. These were a great way to build strength and fitness over Summer and perfect before my wedding. They definitely get you working hard and pushing your limits. Lots of fun and a great way to connect with others too.

At my start of my pregnancy a couple of my normal training exercises were causing pain so I was really hesitant to try any fitness activities. This was really frustrating and I had no idea what was safe to do and was terrified of doing anything that could harm my baby. I started weekly 2 on 1 training sessions by Jo with another friend who was at a similar stage of pregnancy and had a weekly home programme set up too. This boosted my confidence, and enabled me to be able to achieve my goal of being strong and fit during pregnancy. This was so important during the birth of my little one as labour was on the long side and I definitely needed all that leg and arm strength and endurance to get through a natural birth at a primary birthing centre.

Next came postnatal recovery. I had really underestimated the amount of recovery your body needs after birth. Before starting this programme I was still struggling with core strength to do simple things like stand up out of a chair and although was walking this was limited by pain and heaviness. Both of these issues were fixed within the first two weeks of the programme. Core and strengthening has been great with carrying around and looking after my little one. I was able to return to running at 8 weeks postpartum which was a big goal for me as I really love to run and find it so good for the soul. Now my wee one is 6 months old and because of Jo's online postnatal programme I have built my runs up to 6 km and am continuing to increase these from here. I'm back playing netball and able to do the same exercises I did before pregnancy. Pelvic floor strength and stability has been key focus in Jo's training at every stage too. Being fit helps me to be able to look after my baby, helps me sleep, boosts my energy and makes me feel great.

Thank you so much Energised Personal Training.